



# WOMEN'S RETREAT

MOTHERS, SPOUSES, LOVERS, SISTERS, FRIENDS, CAREGIVERS— ALL WILL HAVE THE OPPORTUNITY TO REPLENISH THEIR SPIRIT IN THIS SPECIAL RETREAT CREATED JUST FOR WOMEN. WE WILL FOCUS ON FINDING SELF-NOURISHMENT, HEALING, AND SUPPORT AS WELL AS ON HONORING ALL THE PHASES OF OUR DAILY LIVES.

**Sunday April 10, 2011**  
**9AM—4PM**

\$75—\$125 per person.  
Sliding scale available

Register online at [echoparenting.org](http://echoparenting.org) by clicking on Registration Center or call or email Azucena Ortiz a 213.484.6676 ext 311 or [aortiz@echoparenting.org](mailto:aortiz@echoparenting.org)

The philosophy and practice of nonviolence in raising children is much more than just coping with each of the challenging moments that arise in our daily interactions with our children. It's also about having a community that supports our own process. This retreat will create a space to deepen our personal parenting practices, nurture each other in healing from past hurts, and build support with the women in our community.

Please bring a bag lunch, drinks and snacks will be provided.

Childcare will not be available.

*This retreat will be held at The Immaculate Retreat House in Silver Lake  
3431 Waverly Drive, LA CA 90027.*

 **ECHO PARENTING & EDUCATION**  
Formerly the Center for Nonviolent Education and Parenting

## REGISTRATION FORM FOR WEEKEND INTENSIVE

Yes, I would like to participate in the Women's Retreat.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Comments \_\_\_\_\_

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*To register choose one of the following options:*

*\* Go to [www.echoparenting.org](http://www.echoparenting.org) and click on Registration Center to register online.*

*\* Fax completed registration form to 213.484.6646*

*\* Mail registration form and payment to:*

*Echo Parenting and Education*

*Women's Retreat*

*P.O. Box 26938, Los Angeles, CA 90026*

*Please make checks payable to The Echo Center*

### About Echo Parenting and Education

At Echo Parenting and Education, (formerly Center for Nonviolent Education and Parenting), we're dedicated to reimagining the parent/child dynamic. We offer program participants a whole new way of looking at family building. We help people throughout the community move away from fear-based judging toward empathetic nurturing. And we're all about raising children with care and

Since 2000, Echo Parenting has been helping families in Los Angeles and around the world. Please visit [echoparenting.org](http://echoparenting.org) to learn more, and join the global movement of parents and professionals who dare to imagine a world in which all children are raised with empathy and compassion, free from physical and emotional harm.

### About Nonviolence

The term "nonviolence" describes a commitment to treat oneself and others with deep respect. It is a belief in the basic goodness of all living things. Nonviolence is an all-encompassing perspective. It includes our thoughts, feelings, words, and actions. What we think and say matters.

The philosophy and practice of nonviolence in parenting applies the ideas of nonviolence to the relationship between parents and children. Their connection allows the child to learn to be a caring and empathetic human being, fulfilling his or her own dreams and wishes and at the same time supporting the dreams and wishes of others. Violence begets violence, while nonviolence begets nonviolence.

We are raising children *with* care.

We are raising children *to* care.



*Formerly the Center for Nonviolent Education and Parenting*