



RAISING CHILDREN WITH CARE. RAISING CHILDREN TO CARE.
ECHO PARENTING & EDUCATION

PARENTING CLASS

February 9th - March 16th, 2013



Saturdays
9:30– 11:30am
Endorsed and
hosted by the
Westside
Neighborhood
School!

echoparenting.org | (213) 484-6676

AN EMPATHY-LED
PARADIGM FOR
RAISING CHILDREN

Parenting is one of the most creative and exhausting uses of your entire mind. Raising children is so difficult, yet most parents don't get much support to build their skills!

Echo Parenting and Education is a leader in the movement to transform child raising through the practice of nonviolence. We teach parents and professionals an empathy-led practice and philosophy of parenting that encompasses the most recent research on brain development, child development and attachment theory.

In this five session course, you will learn:

- ◆ The science of brain development as a guide for parenting.
- ◆ How to set and hold limits without losing connection and compassion.
- ◆ Dealing with anger and other strong emotions.
- ◆ What is meant by self-regulation and how to achieve it for all family members.
- ◆ Parenting to support social-emotional development and much more!

Class Series Fee:
\$300 individual
\$450 couple
Visit our Registration Center
at echoparenting.org.

*Some partial scholarships
and payment plans are
available.*

Childcare available:
\$10/1st child
\$15/two or more

Contact Azucena Ortiz at
213.484.6676 ext 311 or
aortiz@echoparenting.org
for directions and more
information.