

PARENTING CLASS SERIES

Saturday Mornings: Sept 21 - Nov 23, 2013

English 11:00 am - 12:45 pm

A NEW
PARADIGM
FOR RAISING
CHILDREN



Classes are held at:
501 S. Bixel Street
Los Angeles, 90017
*Parking & building
entrance on 5th Street*

**Registration
Required
for New Participants**
Registration Fee: \$25, please
call or register on our website.

Class Fee: On a sliding scale.
\$10-\$30 (individual)
\$15-\$45 (couple)
*No one is turned away
for lack of funds*

Child care included, please call
to reserve your space.

*Court/Agency referred, please
contact us for more information.*

Parenting is one of the most creative and exhausting uses of your entire mind. Join with us to learn new strategies for connection, regulation and peace with your child, family and self!

In this ten session class, we'll introduce a philosophy and practice of parenting based on the latest research about brain and child development that promotes life-long connections and learning.

Through discussion groups, theory, role playing, and specific problem solving, we will:

- * Learn to set clear and respectful boundaries
- * Explore ourselves and our children through a lens of empathy and understanding.
- * Identify strategies & tools that will help you successfully create the parenting relationship you want with your child.

Every parent and every child has experienced deep feelings of frustration and anger. *You are not alone and we are here to help!*

HOPE TO SEE YOU SOON!



Formerly the Center for Nonviolent Education and Parenting

(213) 484-6676 | echoparenting.org