



WEEKEND INTENSIVE OUR TEN WEEK CURRICULUM IN TWO DAYS

**A NEW PARADIGM
FOR RAISING CHILDREN
THROUGH COMPASSION
AND EMPATHY**



Join us in learning new strategies for connection, regulation and deepening the relationship between you and your child.

In this twelve hour intensive you'll experience an approach to raising children that is based on the latest research about brain and child development, as well as the effects of childhood toxic stress. Discover how nonviolent communication can help deepen your relationship with your child so that they may experience improved learning, better relationships and long-term health and wellbeing.

Content includes:

- How childhood toxic stress and generational trauma affect the body and brain
- Building resiliency
- Effective strategies for emotional regulation (for the child and the adult!)
- Developing emotional intelligence and becoming an emotional coach
- Communicating and staying connected when there is conflict
- Setting clear, respectful limits
- Learning to have empathy for yourself and your child

**Saturdays
May 6 & 13, 2017
9am - 4pm**

Fee:

\$250 per person
\$380 per couple

Location:

1226 N. Alvarado St.
Los Angeles, CA 90026

Register online at:
echoparenting.org

Click on Weekend Intensive
under Parenting Programs.

For questions, contact
Dominique Sanchez at
(213) 484-6676 ext. 319 or
dsanchez@echoparenting.org.

Registration deadline May 1st

Child care is not available
for this class.