



CHILD & ADULT ANGER MASTER CLASS SERIES

WITH RUTH BEAGLEHOLE



echoparenting.org | (213) 484-6676

Three week series

Thursdays
Nov 14, 21 &
Dec 5, 2013

7:00-9:00pm

**HELPING CHILDREN &
ADULTS TO PROCESS
& SELF-REGULATE**

You can learn a lot of things before you have children, but most people won't tell you that you might feel angry (sometimes REALLY ANGRY.) Anger can sometimes leave you feeling hopeless, helpless and out of control. It can leave you feeling regretful for things that you say or do. It can leave you feeling isolated and alone.

Guess what? Every parent and every child has experienced deep feelings of frustration and anger. AND WE'RE HERE TO HELP!

In these three sessions, we will examine the roots of anger and strategize about how to handle those moments, how help children (and adults!) safely navigate these feelings, learn regulation and work on healing.

Fee: \$150 Individual / \$225 Couple

Please contact Azucena for information on partial scholarships.

Childcare is available at an additional cost

Location: Art Zone in Hermosa Beach
1102 Aviation Blvd Hermosa Beach, CA 90254

Register online at: echoparenting.org by clicking on Registration Center (look under Master Classes) or contact Azucena Ortiz at 213.484.6676 ext 311 or aortiz@echoparenting.org.