



# PARENTING CLASS

February 6 - March 13, 2014

FACILITATED BY LAURA KRUG



**Thursdays**

7- 9pm

hosted at the  
Westside Art Zone

10944 W. Pico Blvd  
West LA, CA 90064

[echoparenting.org](http://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 and techniques!

Echo Parenting & 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 six 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](http://echoparenting.org).

*Some partial scholarships and  
payment plans are available.*

For more information or  
directions please contact  
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for directions and more  
information.