



PARENTING CLASS

January 28 - March 11, 2014

FACILITATED BY SARAH STRATON



echoparenting.org | (213) 484-6676

**AN EMPATHY-LED
PARADIGM FOR
RAISING CHILDREN**

Tuesdays
7 - 9pm
hosted in the
Hermosa Beach
Art Zone
1102 Aviation Blvd
Hermosa Beach

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.

Some partial scholarships and payment plans are available.

For more information or directions please contact Azucena Ortiz at 213.484.6676 ext 311 or aortiz@echoparenting.org You can also contact Sarah Straton at 310.379.9969 or sstraton@gmail.com.