

# PARENTING CLASS SERIES

Saturday Mornings: Aug 9 - Oct 18, 2014 (No classes Aug 30)

Spanish 9:00am - 10:45am // English 11:00 am - 12:45 pm

Classes are being held at:  
1226 North Alvarado  
Los Angeles, 90026  
(Inside the United Methodist  
Church— no affiliation)

## Registration Required for New Participants

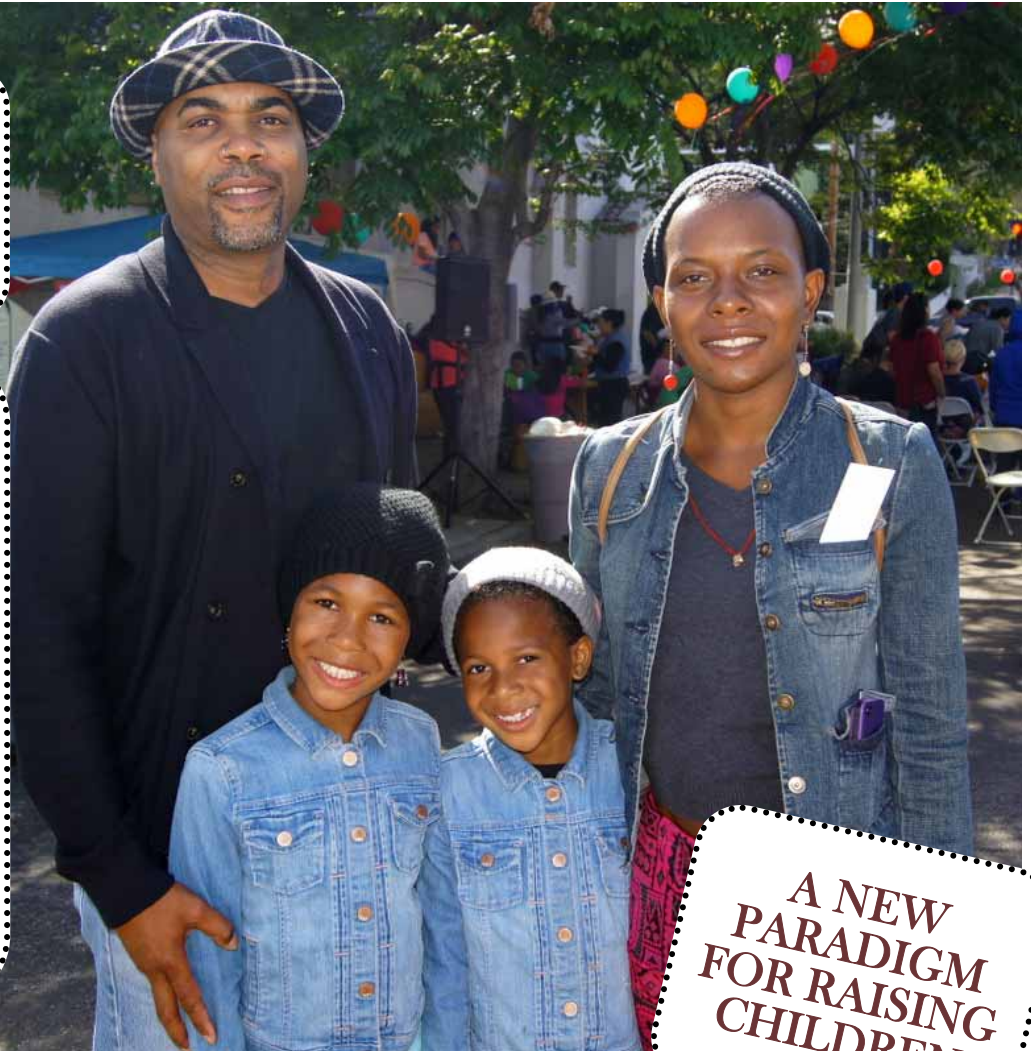
**Registration Fee:** \$25, please  
call or register on our website.

**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.*



**A NEW  
PARADIGM  
FOR RAISING  
CHILDREN**

Parenting is one of the most creative and exhausting jobs you'll ever have. 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!*



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