



Parenting is one of the most creative and exhausting jobs you'll ever have. Sometimes you'll find yourself saying or doing something to your child you swore you'd never do!

Our private group classes are an opportunity to learn about nonviolent parenting in a smaller, more intimate setting. In the privacy of a home, school, or other arranged meeting space, a certified Echo Parenting & Education educator will introduce a practice of raising children based on the latest research about child development (including the effects of toxic stress), nonviolent communication, and how to be a child's emotional coach.

Through discussion groups, theory, role playing, and specific problem solving, participants will learn:

- How to set and hold limits with empathy.
- Self-regulation techniques and the tools to build emotional literacy.
- How to form developmentally appropriate expectations of a child.
- How to build and sustain a connected relationship.

# PARENTING CLASS

**Tuesdays**  
**Sept. 22 - Oct. 27, 2015**  
**7:00pm - 9:00pm**

**Facilitated by**  
**Sarah Straton,**  
**Certified Parent Educator**

Fee: \$300 per person  
\$450 per couple

Location: 1102 Aviation Blvd.  
Hermosa Beach, CA 90254

For more information go to  
[www.echoparenting.org](http://www.echoparenting.org)  
find Parenting Classes under  
Parenting Programs

or contact

Kim Pesenti at  
(213) 484-6676 ext 319  
[kpesenti@echoparenting.org](mailto:kpesenti@echoparenting.org).

Seating is limited.  
Please register by Sept. 15, 2015.

Pre-arranged childcare available  
upon request.