

# Parenting Weekend Intensive



September 29 & 30, 2018 | 9:00 am - 4:00 pm



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

Our 12-hour parenting intensive draws on the latest scientific research on brain and child development, as well as the effects of childhood toxic stress. Discover how to communicate in ways that deepen your relationship with your child and begin to model the skills that are proven to help your child succeed at school, have more rewarding relationships and enjoy a longer, healthier life.

## You will learn how to:

- Develop emotional intelligence
- Communicate and stay connected when there is conflict
- Set clear, respectful limits
- Find the love and empathy you need for yourself and your child
- Use regulation skills to stay emotionally grounded
- Recognize the impact of childhood toxic stress and generational trauma on the body and brain
- Build resiliency

***Participants need to attend the full workshop on both days.***

***Childcare will not be provided.***

## Fees

\$250/person or \$380/couple  
Registration deadline is 9/19/2018  
Cancellation fees may apply; be sure to review our refund policies.

## Time & Location

9:00 am - 4:00 pm, registration starts at 8:30 am  
Saturday: 1226 N Alvarado St., Los Angeles, CA 90026  
Sunday: 1858 ½ Echo Park Ave., Los Angeles, CA 90026

## Questions?

For additional requests, accommodations, questions, or grievances about this training contact Sofia Teodoro at [steodoro@echotraining.org](mailto:steodoro@echotraining.org) or (213) 484-6676 x326