



## Seeking Safety Parenting Classes

Saturdays | July 13 - September 28, 2019



*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.*

Echo facilitates Seeking Safety Parenting Classes and teaches Trauma-Informed Nonviolent Parenting on Saturday mornings in Echo Park.

Seeking Safety classes allows parents a safe space to discuss their struggles and supports parents in finding safer coping strategies for themselves and their children. The Trauma-Informed Parenting Class series includes the latest science on the brain and childhood trauma and gives parents many tools for creating the kind of safe, stable nurturing relationship we all want with our children and underpins healthy development.

Parents needing a certificate of completion are required to take the 20 week series that includes both the Seeking Safety Parenting Classes and the Trauma-Informed Nonviolent Parenting Class series.

### **SATURDAYS FROM 11:30AM - 1:30PM**

**Registration Fee:** One-time, Individuals \$25, Couples \$30

Registration is required for new participants

**Weekly Class Fee:** Sliding Scale, Individuals \$10-\$30, Couples \$15-\$45

No one is turned away for lack of funds

**\*Free childcare is available\***

**Location:** 1226 N Alvarado St., Los Angeles, CA 90026

Visit our website for more information and to register: [www.echotraining.org](http://www.echotraining.org)

**Questions?** Contact us at [info@echotraining.org](mailto:info@echotraining.org) or (213)484-6676 x 300

Next series: October 5th - December 14th