



Trauma-Informed Nonviolent Parenting Classes

Saturdays | January 11 - March 28, 2020



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 10-class parenting series 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

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

Questions? Contact us at info@echotraining.org or (213)484-6676 x 300

Next series: April 18th - June 27th