



PARENTING CLASS SERIES

Saturday Mornings: Mar 2 — May 4, 2013

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

Parenting is one of the most creative and exhausting uses of your entire mind. 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 and 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!*

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

Classes are held at:
Echo Parenting & Education
1226 N Alvarado St
Los Angeles, CA 90026.
In the Echo Park United Methodist Church Building
(not affiliated)

NEXT SERIES

Sat | Apr 6 - June 15
(English only)

Sat | Jun 1 - Aug 15
Sat | July 6 - Sept 7

(213) 484-6676
echoparenting.org

