



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

Wednesdays
Jan. 20 - Mar. 2, 2016

(No class Feb. 17)

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
find Private Parenting Classes
under Parenting Programs

or contact

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

Seating is limited.
Please register by Jan. 13, 2016.