

Meet. Fall in love. Have a baby. Live happily ever after.



It's not that easy.

Let's face it, being a parent puts a lot of stress on our relationships. We manage to make it through a challenging moment with our children, and we turn around and scream at our partners. Co-parenting can be a real challenge, especially if we're trying to be conscious about how we raise our children.

This two session workshop for couples will be a chance to:

- *Explore the tools of nonviolence as it relates to our partners. How do we treat each other with respect?*
- *Remember that our relationships are models for our children. What does a healthy relationship look like?*
- *Learn ways to handle those stressful parenting moments when we don't agree with our partner. How do we support each other?*

A key component of raising children to become healthy adults is to help them develop skills for successful loving relationships. How are we going to teach them those skills if we haven't developed this practice for ourselves?

The two sessions will be led by parent educators and (still managing to stay married) life partners Susan Goldberg and Brian Joseph. Sessions will be held **Oct. 9th and Oct. 16th** in Echo Park at 11am each time.



\$150 per couple. Please register with your credit card online at theechocenter.org or call Azucena at 213.484.6676 ext.311 to register by phone. Childcare is available.