



# PARENTING CLASS

THE ECHO CENTER'S  
EMPATHY-LEAD  
PARADIGM FOR  
RAISING CHILDREN

Nov 4 - Dec 16, 2010

Have you ever been surprised at the level of frustration you've felt toward your child? Raising children is so difficult, yet most parents don't get much support to build skills and techniques!

This six session private course will help parents to learn a philosophy and practice of

parenting that is based on empathy and compassion, yet is not permissive.

Topics will include: The science of brain development, setting and holding limits, learning from our own childhoods, emotional intelligence, anger, self regulation and much more.

Thursday evenings  
8pm - 10pm  
Nov 4 - Dec 16th

In Echo Park in the home of  
Gabriella Tollman

\$300 per person, \$450 per  
couple.

Some partial scholarships  
and payment plans are  
available.

Contact Azucena Ortiz at  
213.484.6676 ext 311 or  
aortiz@theechocenter.org for  
directions and information.

[theechocenter.org](http://theechocenter.org)

**THE ECHO CENTER**  
RAISING CHILDREN WITH CARE. RAISING CHILDREN TO CARE.



*Formerly the Center for Nonviolent Education and Parenting*