



CHILD & ADULT ANGER MASTER CLASS SERIES WITH RUTH BEAGLEHOLE

HELPING CHILDREN
TO PROCESS
AND SELF-REGULATE

January 27th, February 3rd
& 10th, 7:00pm—9:00pm

Fee for 3 sessions:
\$150 Individual, \$225 Couple

* Does your anger leave you
regretful for things that you say
or do with your children?

* Are you looking for more
personal strategies to handle

those moments?

**Every parent and every child
has experienced deep feelings
of frustration and anger.**

In these three sessions, we will
examine the roots of anger and
strategize about how to help
children (and adults!) safely
navigate these feelings.

Register online at
theechocenter.org by clicking
on Registration Center or
contact Azucena Ortiz at
213.484.6676 ext 311 or
aortiz@theechocenter.org.

Space is limited, register now!

*This class will be held at a private
home in Hancock Park. Direc-
tions and more information will
be provided upon registration.*

theechocenter.org
THE ECHO CENTER
RAISING CHILDREN WITH CARE. RAISING CHILDREN TO CARE.



Formerly the Center for Nonviolent Education and Parenting