



CHILD & ADULT ANGER MASTER CLASS SERIES WITH RUTH BEAGLEHOLE

NOW IN THE SOUTH BAY!!

HELPING CHILDREN
TO PROCESS
AND SELF-REGULATE

March 31st, April 7th &
21st, 6:30pm—8:30pm

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 in a private home in Redondo beach. Directions and more information will be provided upon registration.



ECHO PARENTING & EDUCATION
RAISING CHILDREN WITH CARE RAISING CHILDREN TO CARE.

Formerly the Center for Nonviolent Education and Parenting