



## PARENTING CLASS FOR WOMEN WHO HAVE EXPERIENCED VIOLENCE

February 16 - April 20, 2011

**WEDNESDAYS**  
**6:30pm - 8:30pm**

**Many mothers need support to begin their own healing and to support their children after experiencing violence.**

This ten session course will help women to learn a philosophy and practice of parenting that is based on empathy and compassion. It will provide the opportunity for mothers to receive support from other women who have experienced violence.

Topics will include:

- \* Developing a connected relationship with your children
- \* Creating a safe and peaceful environment for you and your children.
- \* Learning self-regulation and teaching your children to regulate their nervous system.
- \* Talking with your children about the violence they may have witnessed, heard or felt
- \* Talking about your children's feelings about the perpetrator.

\*Teach your child to express his/her anger in a safe way

**Registration Required for New Participants**

**Registration Fee:** \$25  
**Class Fee:** \$10-\$30 individual  
On a sliding scale.

**AN EMPATHY BASED PARADIGM FOR WOMEN AND THEIR CHILDREN**

Childcare not provided.

Contact Azucena Ortiz at 213.484.6676 ext 311 or [aortiz@theechocenter.org](mailto:aortiz@theechocenter.org) to register or for more information.

*Classes will be held at The Echo Center, 1226 N Alvarado St, Los Angeles, CA 90026.*

[theechocenter.org](http://theechocenter.org)  
**THE ECHO CENTER**  
RAISING CHILDREN WITH CARE. RAISING CHILDREN TO CARE.  
*Formerly the Center for Nonviolent Education and Parenting*

