



# CHILD & ADULT ANGER MASTER CLASS SERIES WITH RUTH BEAGLEHOLE

HELPING CHILDREN  
TO PROCESS  
AND SELF-REGULATE

**May 17th, 24th and June  
7th , 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 feel-  
ings of frustration and anger.**

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

Register online at:  
[echoparenting.org](http://echoparenting.org) by clicking  
on Registration Center or  
contact Azucena Ortiz at  
213.484.6676 ext 311 or  
aortiz@echoparenting.org

Space is limited, register now!

*This class will be held in a  
beautiful Victorian home in  
Echo Park. 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*