



# CHILD & ADULT ANGER

## WITH RUTH BEAGLEHOLE

February 2nd, 2013 ~ 9am – 4pm

HELPING CHILDREN  
TO PROCESS  
AND SELF-REGULATE

Fee: \$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 per-  
sonal strategies to handle  
those moments?

**Every parent and every child  
has experienced deep feel-  
ings of frustration and anger.**

In these six hours, we will ex-  
amine the roots of anger and  
strategize on how to help chil-  
dren (and adults!) safely navi-  
gate 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](mailto:aortiz@echoparenting.org)

Space is limited, register now!

*This class will be held in a  
home in Highland park.  
Directions and more infor-  
mation will be provided upon  
registration.*



**ECHO PARENTING & EDUCATION**

RAISING CHILDREN WITH CARE RAISING CHILDREN TO CARE.

Formerly the Center for Nonviolent Education and Parenting