



PARENTING CLASS

May 13th - July 1st, 2013

May 13, 20, June 3, 10, 24, July 1

FACILITATED BY REBECCA WEIKER



Mondays

7pm– 9pm

(No class on

May 27 & June 17th)

Hosted at
**All Saints Church
in Pasadena**

(address provided
upon registration)

echoparenting.org | (213) 484-6676

**AN EMPATHY-LED
PARADIGM FOR
RAISING CHILDREN**

Parenting is one of the most creative and exhausting uses of your entire mind. Raising children is so difficult, yet most parents don't get much support to build their skills and techniques!

Echo Parenting and Education is a leader in the movement to transform child raising through the practice of nonviolence. We teach parents and professionals an empathy-led practice and philosophy of parenting that encompasses the most recent research on brain development, child development and attachment theory.

In this six session course, you will learn:

- ◆ The science of brain development as a guide for parenting,
- ◆ How to set and hold limits without losing connection and compassion
- ◆ Dealing with anger and other strong emotions.
- ◆ What is meant by self-regulation and how to achieve it for all family members.
- ◆ Parenting to support social-emotional development and much more!

Class Series Fee:

\$300 individual//\$450 couple

Visit our Registration Center at echoparenting.org and look under Privately Hosted Classes.

Some partial scholarships and payment plans are available.

***Child care will be provided:
please call 626-583-2781 to
reserve space .***

For more information please contact Azucena Ortiz at 213.484.6676 ext 311 or aortiz@echoparenting.org .