

# THE PARENTING PROCESS:

## Understanding Our Family Legacy

WITH EILEEN PARIS



**Saturday**  
**May 16, 2015**  
**1:30pm-5:00pm**

Early Bird Rate before May 1st  
\$55 per person  
\$80 per couple

Fee: \$65 per person  
\$95 per couple

Location: 1226 N. Alvarado St.  
Los Angeles, 90026

Register online at [echoparenting.org](http://echoparenting.org)  
by clicking on [Registration Center](#)

Or contact Kim Pesenti at  
(213) 484-6676 ext 319  
or [kpesenti@echoparenting.org](mailto:kpesenti@echoparenting.org).

Seating is limited.

Pre-arranged childcare available  
upon request.

In spite of the best intentions, parents tend to repeat the very hurts they promised they would never pass on.

Eileen Paris, psychotherapist and co-author of *"I'll Never Do To My Kids What My Parents Did To Me" A Guide to Conscious Parenting* will lead a workshop to help parents:

- Recognize their own "tender spots" and triggers.
- Understand what underlies children's intentions and actions.
- Attune to the emotions and needs of the child.
- Learn how to build and model skills needed to create and sustain healthy relationships.

