

PARENTING CLASS

with Sarah Straton, Certified Parent Educator

Wednesdays, March 22nd-April 26th, 2017

7.00pm -9.00pm

Art Zone Children's Studio
1102 Aviation Blvd, Hermosa Beach 90254



6-week series: Parenting with Connection

As parents, we're longing for joy, connection, ease and to raise amazing adults! In this class you will have the opportunity to learn and practice tools for creating respectful, nurturing relationships and strategies to handle tough times.

Topics covered include:

- Brain and child development
- Anger (child and adult)
- Connecting communication
- Emotional intelligence
- Nonviolent parenting philosophy
- Emotional regulation
- Setting limits with empathy
- How our own childhood impacts our parenting

Fee: \$ 300/individual
\$ 450/couple

For more information and to register visit WeAreEvergrowing.com
Or contact Sarah Straton on (310) 379-9969 or sstraton@gmail.com

