

FREE
Parenting Classes



**PARENTING CLASS FOR WOMEN
WHO HAVE EXPERIENCED VIOLENCE**

Wednesdays from May 30 to August 1 (2pm - 4pm)

Chicana Action Service Inc.

3601 East 1st Street | Los Angeles, CA 90063

AN EMPATHY BASED
PARADIGM FOR
WOMEN AND THEIR
CHILDREN

Many mothers need support to begin their own healing and to support their children after experiencing violence.

This ten session course will help women to learn a philosophy and practice of parenting that is based on empathy and compassion. It will provide the opportunity for mothers to receive support from other women who have experienced violence.

Topics will include:

- * Developing a connected relationship with your children
- * Creating a safe and peaceful environment for you and your children.
- * Learning self-regulation and teaching your children to regulate their nervous system.
- * Talking with your children about the violence.

Childcare provided!

Contact Glenda Linares at
213.484.6676 ext 310 or
glinares@echoparenting.org
to register or for more
information.



RAISING CHILDREN WITH CARE. RAISING CHILDREN TO CARE.
Formerly the Center for Nonviolent Education and Parenting

echoparenting.org