

Whole-Brain Parenting & Parenting Conversations

Class
is in
English

A virtual 4-night workshop for parents with children 2-9 years old

WHEN

Mondays
October 4, 11, 18, 25

6 - 7:30 pm
TIME

WHERE

Through Zoom

A link will be sent after registration

WHO SHOULD ATTEND

Parents of children ages 2-9

EDUCATORS:

Lea Payne Scott, M.P.H. &
Michele Gordon Johnson MA

Register::

<https://conta.cc/3yKGdtT>

Week 1: The Whole-Brain Child- Learn brain-based strategies to nurture your child's developing mind and help your family thrive. Parents will leave with an enhanced understanding of the science behind how and why children act the way they do.

Week 2: Parenting Conversations #1- Experience the benefits of diverse perspectives in a supportive group, as our unique ways of parenting are shared, strengthened, and expanded.

Week 3: Parenting Conversations #2- Parents are encouraged to make small changes to bring more ease, calm, and pleasure to parenting. Parents will create a unique parenting map; a plan that supports the positive qualities we want for our children and the life skills they need.

Week 4: Parenting Conversations #3- Parents will build on the previous weeks' knowledge and learn/practice practical parenting strategies that connect our words with our intentions and prioritize the parent-child relationship.

For more information about registration & content, contact:

Gwendolyn Garcia, Parent Connection Coordinator | 805-543-3700 | gwen@cfsslo.org

