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SCHEDULE OF CLASSES

NEW MOTHERS' GROUPS

Groups are organized into cycles of four meetings at a time. The monthly membership fee is \$150, payable regardless of attendance. The cycles continue until the children are about a year and a half.

Location is in Santa Monica.

THURSDAYS 2 – 3:15 PM

For babies born Fall 2018
Begins **January 10 2019**

WEDNESDAYS 2 – 3:15 PM

For babies born Winter 2019
Begins **Spring 2019**

MONTHLY DISCUSSION GROUPS FOR PARENTS

Parent groups meet monthly in the evening for two hours. They offer an ongoing opportunity to discuss current questions and challenges. They are organized by the age of the children: toddlers, preschool and elementary age.

Parents register for a cycle of three months at a time. The cost is \$120 per cycle.

INDIVIDUAL APPOINTMENTS FOR PARENTS

Consultations are a full hour in the Santa Monica office. The cost is \$150.

PARENTING WITH SELF UNDERSTANDING:

A Course Based on Parenting From The Inside Out

In recent years the fields of child development, psychology, neuroscience and mindfulness have intersected to provide an invaluable foundation of knowledge for parents. As we come to understand our own development we are better able to understand the processes of growth and development in our children.

The series is based on the text, **Parenting From The Inside Out** (Dan Siegel and Mary Hartzell) as a source of content, exploration and practice.

When we understand our own life experiences and the responses they have formed, we are less determined by reactions and negative patterns. As we gain a clearer perspective we become more flexible and effective in the choices we make and the actions we take. We model for our children how to be self aware, responsible, caring, healthy and whole. And we affirm the capacity to develop and change at any age!

Next series will be Monday evenings: January 28, February 4, 11 & 18 7:30 - 9:30 pm
Cost: \$160 / person \$240 / couple