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SCHEDULE OF CLASSES

NEW MOTHERS' GROUPS

These groups are organized into cycles of four meetings at a time. The monthly membership fee is \$140, payable regardless of attendance. The cycles continue until the children are about 18 months old. We meet in Santa Monica on weekday afternoons.

TUESDAYS 2 – 3:15 PM

For babies born in March, April, May & early June
Begins on **July 17 2018**

MONTHLY DISCUSSION GROUPS FOR PARENTS

Parent groups meet monthly for two hours in the evening. They provide an ongoing setting to discuss current questions and experiences parents are having. Registration is for a three month series. Cost is \$120 per family for the three classes. Children do not attend, only parents.

They are organized separately for parents of toddlers, preschoolers or elementary school age.

INDIVIDUAL APPOINTMENTS FOR PARENTS

Parents can consult on a wide range of topics. Appointments are a full hour and can be in person or by phone/Skype/FaceTime. Office is in Santa Monica. The cost is \$150.

PARENTING WITH SELF UNDERSTANDING:

A Short Course 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!

Three evenings: 8/13 8/20 8/27 Mondays 7:30 - 9:30 pm Cost: \$120 / person \$200 / couple