



Parenting with Nonviolence Whaingaroa



PARENTING CLASSES

A 6 week series of classes designed to support parents and whaanau of children of all ages. Parenting with nonviolence is a philosophy and practice that fosters healthy connected relationships with each other.

We will learn about empathy, regulation, brain science and practice strategies to support these sometimes challenging relationships. Created by Ruth Beaglehole and supported by Te Mauri Tau, we continue this ongoing journey of parenting and support each other to learn skills that will bring deeper connection with our children.

9.30 - 11.30 AM.

Old School Arts Centre, Mondays from 2nd August to 6th September.

Please let us know if you would like to come - ring Te Mauri Tau 8255111 or txt Isabel 0273057638 or msg on fb. \$5 per class.



NEIGHBOUR 2
♥ NEIGHBOUR