

# Parenting Classes

What we will talk about...

Empathy

Anger - yours and your child's

Regulation tools

What nonviolence means

Supportive guidance

**6 Thursday evenings 7 & 14 Oct, 4, 11, 18 & 25 Nov**  
**Raglan Community House, 7.30-9.15pm, \$5 per class.**  
**Text Isabel 0273057638 or message Parenting with**  
**Nonviolence Whaingaroa FB page.**



Parenting with Nonviolence Whaingaroa