

Would you enjoy more ease and connection in your family?

Come join other parents in learning **Compassionate Communication**

This five week class will give you new tools to enhance your relationship with your children and your partner

Class topics:

- Introduction to Compassionate Communication- the four step process to develop honest and empathic communication
- The Power of Empathy- the key- listening with curiosity and caring
- Parenting with Purpose- Why are you a parent? What are the qualities you want nourished in your family?
- Family Meetings- developing fun and structured opportunities to connect and be heard
- The Culture of Your Home- building a no-fault zone

Class time: 2:00 to 3:30

Dates: Tuesday's April (7, 14, 21, 28) and the 2nd Tuesday in May (12th)

Location Westside Village Magnet School

Sliding scale fee of \$60-\$100

Class size: Minimum 6 - Maximum 12

Carol Delmonico is a professional coach and an independent facilitator of Compassionate Communication. She coaches individuals, groups and businesses in compassionate communication and living a more conscious life. Her son Jack is a seventh grader at WVMS.

For more information or to register call Carol at 389-0831

or email carol@intobalancecoaching.com

Registration ends on April 1st

