



Presents:

Parenting from the Inside Out

Reflections On Our Own Childhood Experiences

“Understanding the way you were parented is vital for bonding and attaching with your own children!” - Dan Siegel, M.D.



Speakers: Jeanette Yoffe, M.A., MFT & Jolette Jai, Parent Educator, I.T.

Do you catch yourself triggered by your child's cries, whining, tantrums and defiant behavior?

Then this Parenting Skills workshop is FOR YOU!

****How to Manage Your Stress As a Parent**

****Explore Your Own Family Legacy and Family Values**

****Learn To Stay Calm when you are Triggered**

This course will lead parents into the process of healing their pasts, identifying their parental triggers, and releasing any conscious or unconscious stress that is getting in the way of optimum connection with their children and peace of mind as a parent.

When: Sunday, April 25th, 2010

1:00pm to 4:00pm

**Where: Teo's Learning Studio,
9034 Krueger St., Unit C
Los Angeles, CA 90232**

Pre-pay by 4/16: \$60 individual parent; \$100 per couple, includes coffee and lite snack. NO WALK-INS, Must Pre-Register for this event. Limited to 20 people.

Call: 310-351-8113 or Pay Online at www.YoffeTherapy.com



Registration Form

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When: Sunday, April 25th, 2010

Name: _____
Address: _____
City/State/Zip: _____
Email: _____
Phone: _____

Workshop Registration Fee:

.....\$60 per parent
.....\$100 per couple

Registration at door begins at 12:45pm.

CEU's Available for psychologists, social workers and marriage and family therapists to receive 3 hours continuing education credit: \$5 fee

Pay online at www.YoffeTherapy.com or make checks payable & send to:

Jeanette Yoffe, MFT
2001 S. Barrington Ave, Suite 320
Los Angeles, CA 90025

Free parking at:

Where: Teo's Learning Studio
9034 Krueger St., Unit C
Los Angeles, CA 90232