

Santa Clara County Employee Assistance Program (EAP) Presents:

Parenting with Ease



Finding yourself being angry and frustrated with your children? You are not alone; parenting is a challenge – and an opportunity – for anyone with children. Learn some key techniques in neutralizing arguing, ways to show up more empathetically, and how to take your power back as a parent. The course will entail a series of 4 experiential workshops inspired by the Love and Logic model, which will include parenting education, experiential exercises, and group discussion.

Four Part Series Mondays 4-6pm
9/14 • 9/21 • 9/28 • 10/5

Location: ZOOM

Meeting ID: 936 • 9526 • 1336

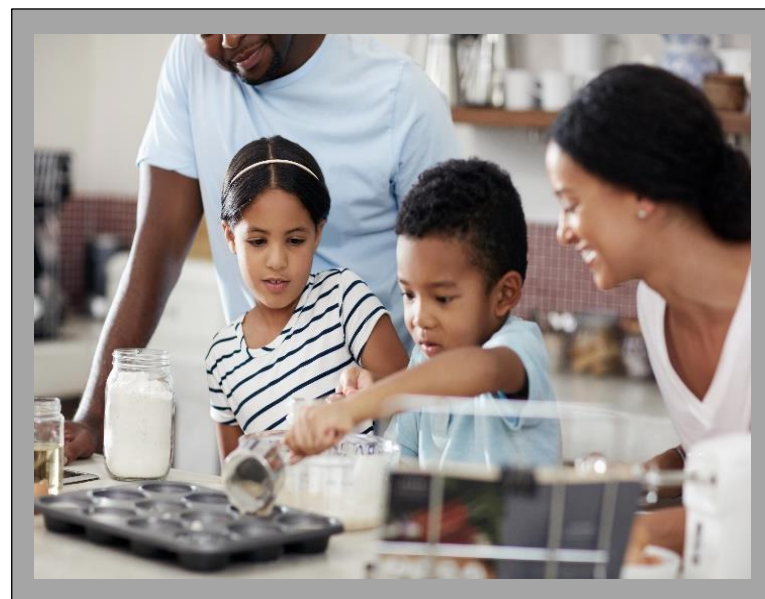
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Please Note: *Virtual Space is Limited*

Offered by:

Michael Henry, AMFT and

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