

Compassionate Parenting

Presented by Paul Figueroa, Peace Enforcement LLC

Would you like more compassion in your life? In your parenting? For you? For your children? This training is for you! Discover what compassion really is, how it starts by being compassionate with ourselves and see the positive results with our families and others. You'll hear about and learn the roadblocks, hurdles and challenges that often prevent this kind of parenting and discover ways to move through them so you, and your children, win!

Topics include:

- Separating the children's behavior from who they are
- Being compassionate with ourselves supports positive results with our families
- Learn the roadblocks, hurdles, and challenges of this type of parenting and how to move through them.
- The role self-esteem plays in all of us
- You'll learn real world concepts that work

Registration is required. Some classes may have prerequisites.

To register, go to allianceforchildwelfare.org, select [Our Courses](#), and search for your class.

If you have questions, contact Shelly Myers at mysh300@uw.edu or 206-923-4955.

Monday & Wednesday, April 27 & 29, 2020

6:00 p.m. – 9:00 p.m.

Webinar

You must attend both dates to receive your training certificate

For a complete listing of our statewide training opportunities, go to
allianceforchildwelfare.org