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
Password: 661 • 921

Please Note: Virtual Space is Limited

Offered by:
Michael Henry, AMFT and Robert Ramos, AMFT