

These classes are LIVE via Zoom on the 1st Wednesday of each month and are for parents, caregivers, educators, and those who work with children and youth.

Creating *Peaceful* Holidays

NEW CLASS!
BACK BY
POPULAR DEMAND!

with Children and Youth from Difficult Beginnings

Presented by **Ce Eshelman, LMFT**

Tuesday, November 16th ~ 1:00 - 3:30pm

Is it possible to enjoy the holidays with children who are easily dysregulated?
Yes, if you take the time to plan and accommodate neurodiversity into the fun.

Questions? 530.598.3905

Register for each session at: <https://tinyurl.com/276xm4ed>

Join us on **Wednesday, December 1st ~ 2:30 - 5:00pm** for...

Emotion Regulation Strategies for Children from Difficult Beginnings

Calm the kid, calm the blow-ups and meltdowns, calm the chaos. These strategies can be used anywhere – home, park, school – everywhere you go.

Ce Eshelman, LMFT, is an Attachment and Trauma Specialist and adoptive mom with a private practice, **The Attach Place**, in Sacramento. She is the facilitator of **The Love Matters Parenting Society**, an online annual membership for becoming great therapeutic parents while thriving at the same time. ce@attachplace.com



Ce Eshelman, LMFT

