

A 6-week virtual parenting course
with a private Facebook community



THURSDAYS
Feb 23rd
to
Mar 30th
6:15 – 7:30pm

Growing a solid relationship with your teen requires new habits, one might say “**Atomic Habits**” like the ones **James Clear** writes about in his book by that name. We are going to take a journey together for six weeks making small shifts in our parenting lives for major change in our relationship with our teens. Are you ready to change your home life?

Become a
Teen Whisperer
to
Change the Tune
at
Your House

Create the habits you need to make and, actually keep,
to become a bonafide Teen Whisperer at home.

Facilitated by
Ce Eshelman, LMFT

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

Sign-up at https://www.surveymonkey.com/r/CE_2022-23

For registration assistance by phone, call 530.918.7222
No cost to participants.

Class Topics and Dates

- **Part 1 – Habit #1 – Feb 23rd**
The Art of Relationship with Your Teen
- **Part 2 – Habit #2 – Mar 2nd**
Adolescent Development and Your Teen’s Brain
- **Part 3 – Habit #3 – Mar 9th**
Talk Is Cheap: Learning the Language of Teens
- **Part 4 – Habit #4 – Mar 16th**
Be-Aware: Co-Escalation and Co-Regulation
- **Part 5 – Habit 5 – Mar 23rd**
The Control Trap and the Skill of Letting Go
- **Part 6 – Habit 6 – Mar 30th**
Laying Down the Sword: Learning to Repair and the on-going Self-Care Solution

