

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



**6 Monthly
Virtual Classes**
Oct 10th
to
Mar 12th
TUESDAYS
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 months 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 bona fide 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.
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Sign-up at https://www.surveymonkey.com/r/CE_2023-2024

For registration assistance by phone, call 530.918.7222

No cost to participants.

Class Topics and Dates

- **Part 1 – Habit #1 – Oct 10th**
The Art of Relationship with Your Teen
- **Part 2 – Habit #2 – Nov 14th**
Adolescent Development and Your Teen’s Brain
- **Part 3 – Habit #3 – Dec 12th**
Talk Is Cheap: Learning the Language of Teens
- **Part 4 – Habit #4 – Jan 9th**
Be-Aware: Co-Escalation and Co-Regulation
- **Part 5 – Habit 5 – Feb 13th**
The Control Trap and the Skill of Letting Go
- **Part 6 – Habit 6 – Mar 12th**
Laying Down the Sword:
Learning to Repair and the on-going Self-Care Solution

