

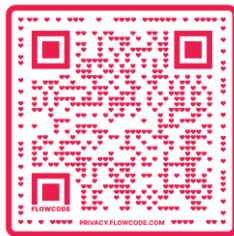
A virtual parenting course with a private Facebook community



By request —
2 Bonus Classes
Apr 9th
&
May 14th
6:15 – 7:30pm
TUESDAYS

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? **No cost to participants.**

Scan to



Register

For registration assistance by phone, call 530.918.7222.

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.

Class Topics and Dates

- **Bonus Part 7 – Habit #7 – April 9th**
How to Talk so Teens will Listen

There is skill involved in talking to teens so that they listen. We will deepen your awareness through exercises of some subtle and advanced communication skills that will make you a better communication artist with your teen.

- **Bonus Part 8 – Habit #8 – May 14th**
Teens with Siblings: Rivalry and Teamwork

Sibling rivalry happens in teen relationships, too. Let’s explore how to sidestep ways we as parents accidentally contribute to sibling rivalry and learn some tools for fostering sibling cooperation.

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

