

## From Frustration to Elation (a class for parents)

For parents who want to change themselves to create dynamic, connecting relationships as a family.

Explore ways to develop trust and safety through learning to see the needs of all family members. See yourself and your child through new eyes and learn both the consciousness and the tools of Compassionate Communication.

- Learn and practice a deeper way to listen
- Connect to your values and your family values
- Develop new communication skills
- Create family meetings and agreements
- Enhance your self-understanding and self-care

Dates: Tuesday evenings, 6:00-8:30 p.m., May 10, 17, 31 June 7 (no class May 24)

Fee: \$80.00

Location: Center for Compassionate Living 828 NW Hill Street

This four week class gives you the opportunity to explore new ways of being and to be given support and connection as you move forward.

**Carol Delmonico** is a professional life coach, RN and an independent facilitator of Compassionate Communication. She teaches introduction to compassionate communication, compassionate communication for parents and eating for nourishment. She is inspired by her family, friends, and clients who are willing to speak and listen differently to move us all toward more peace.

