

# Parenting with NVC

*An introductory series on compassionate parenting*

Saturdays, March 7, April 4, May 2 and May 30  
9 a.m.-12:30 p.m.

Liberty Hall, 311 N. Ivy Street, Portland OR

Classes are taught by parent and teacher, Kristin Collier, from Eugene OR. Kristin's classes are tailored to the needs of the attendees. Children and babes in arms are welcome to attend as long as it doesn't interfere with the presence of others' participation. Childcare is available in an adjoining space.

The core curriculum used in this program was developed by Inbal Kashtan who wrote *Parenting From Your Heart*. Our children are so important to us, yet sometimes we struggle to parent in ways we feel truly good about. Participating in these parenting workshops, you will explore how to:

- Understand the needs behind your children's behavior.
- Parent effectively without relying on the threat of punishment or the promise of reward.
- Transform power struggles into opportunities for building connection and trust.
- Discover a quality of connection that will sustain your family through life's challenges.
- Contribute to peace by raising children who can make peace.

Advanced registration required for limited class size. Return this form, with cash or check payment to:

Insideout Schoolhouse  
4227 NE Garfield  
Portland OR, 97211

Or contact Kristen McKee at [Kristen.mckee@gmail.com](mailto:Kristen.mckee@gmail.com) or 503.335.2717.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Number of adults attending: \_\_\_\_\_ Number of children needing childcare: \_\_\_\_\_

Sessions attending: \_\_\_\_\_ full series (\$150) or \_\_\_\_\_ March 7 (\$40) \_\_\_\_\_ April 4 (\$40)  
\_\_\_\_\_ May 2 (\$40) \_\_\_\_\_ May 30 (\$40)

Special needs or comments: \_\_\_\_\_  
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*With support from the Insideout Schoolhouse, the Continuum Learning Community and Bay Area NVC.*