

# Emotion Coaching

*Vocabulary for Emotionally Intelligent Families*

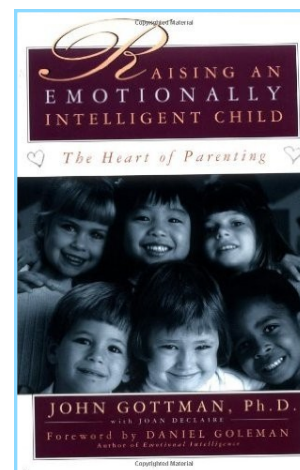
## Parenting Workshop

Wednesday, June 1

Choose between these workshop times

3:15 to 5:15pm or 6:30 to 8:30pm

All are welcome.



*This workshop builds on the May 18th workshop, Conscious Parenting for Emotional Intelligence, taking you deeper into Emotion Coaching.*

*There will be review so new participants are welcome.*

***Would you like to know how to de-escalate an emotional situation?***

***Do you wish you could get through to your child when they are upset?***


***Do you want to teach your child how to choose peace?***

*Then this class is for you -*

### You will:

- Learn the language of feelings and needs
- Learn a process for how to have a healthy conversation with your child about their emotions
- Understand what it takes to be your child's emotion coach
- Take responsibility for how you feel and develop conscious ways to respond

**Cost:** \$30 per person or \$50 per couple. There are a few scholarships available. See Dr. Perrah.

**Location:**  *Montessori Children's House*

8271 Gay Street, Cypress 90630

**Instructors:** Mary Menninger and Vanessa Wenninger



Mary is a Life Purpose Coach serving individuals and families. She has been serving youth for many years as a teen group advisor, team mom and high school mentor. With a Master's degree in Spiritual Psychology, she is passionate about facilitating positive change for families.

Vanessa has worked in preschools, after-school programs, the YMCA, and international schools. As a certified elementary school educator she encourages families to nurture their child's personal and academic potential. She is a prayer partner and coach. Vanessa believes that we each create the thoughts that create our lives and that life is supposed to be fun!



### **To Register or for More Information:**

Contact Dr. Perrah or Ms. Alexis at (714) 995-2054 or email [drperrah\\_staff@mchincypress.com](mailto:drperrah_staff@mchincypress.com)