

Parenting from the ♥Heart

A course designed for all parents, regardless of faith, cultural background or age of the child/ren. Based on the philosophy of non-violent communication (NVC) this course looks at the relationships between parents and children. It is a course for all parents and carers who wish to learn more about parenting, improve the relationship to their child/ren, work on their parenting style or simply want to spend some time with other parents in a similar situation.

Session 1	<i>All about Me:</i>	What kind of a parent do I want to be?
Session 2	<i>All about Love:</i>	Looking at the concept of unconditional love
Session 3	<i>All about NVC:</i>	The basics of non-violent communication
Session 4	<i>All about Anger:</i>	When kids push our buttons
Session 5	<i>All about Us:</i>	Putting it all together

When?	Monday, Oct 22 nd and 29 th and Nov 5 th , 12 th and 19 th *
What Time?	9.00 - 12.00
Where?	Conference room, International School Hamburg
Cost?	250 Euros

*please commit to all 5 sessions

Led by: Thorsten Gawronski, NVC Trainer and Therapist for Family constellations
Katja Litchfield, NVC Trainer and School Counsellor, Intern. School Hannover



Interested? Find out more at <http://nvcparenting.webnode.com> or contact us at nvcparenting@gmx.de, alternatively you can sign up with Sean Rollosen, Primary School Counsellor at ISH