



well baby center®

YOUR PARENTING COMMUNITY

Reflective Parenting Workshops

For parents with young children

Well Baby Center is a non-profit parenting and counseling center providing Mindful Parenting Groups, Reflective Parenting Workshops, New Parents Support Groups, Mindful Pregnancy & Childbirth Classes, Infant Massage Workshops, Music groups in Spanish and English, Social Skills Play Groups, and family consultations and counseling



Registration Now Open!

Tuesdays
6:30 pm - 8:00 pm

For more information,
please contact us at:
310-402-BABY (2229) ext. 101
info@wellbabycenter.org

Register online!

To register, please go to:
www.wellbabycenter.org
and select "Our Programs"
then "Reflective Parenting
Workshops"

Some insurance accepted
Regional Center vendor
Court-approved parenting classes
Well Baby Center is a 501(c)(3)
non-profit organization

Reflective Parenting Workshops are 10-week experiential, interactive groups that help parents to view their child's behaviors as meaningful communications that need to be understood.

These communications may involve:

- Separations and reuniting
- Your child's emergence of self and autonomy
- Your child's unique temperament and how it fits with your own
- Responding to your child's distress with sensitivity and flexibility

Parents will reflect on how their own behavior and feelings impact their child's development. Research has shown how this reflective capacity is predictive of secure attachment relationships.

"Reflective Parenting Workshop helped me know myself and my kids better!" - Lisa R, 2011

"The workshop helped me better reflect, be patient, and help with the communication between my husband, myself and my child." - Monica T, 2010

"What I found most helpful was the focus on really trying to understand situations from the child's point of view." - Laura M, 2011

- Group meets for 1.5 hours weekly for 10 weeks
- One or both parents may attend
- \$300*/10-week workshop
\$30*/PERSON/group
- \$400*/10-week workshop
40*/COUPLE/group
- Payment can be made in full or in 2 installments
- Registration must be completed to reserve your space

*Sliding fee scale available



REFLECTIVE PARENTING PROGRAM

Well Baby Center, 12316 Venice Boulevard, Mar Vista, California 90066 310-402-BABY (2229)