

# Parenting Isn't Easy!

Wishing you could *respond* rather than *react* to your kids?  
Wondering why you are so easily triggered by things your  
child innocently does?

Join our **8 week parenting group** based on the  
book *Parenting From the Inside Out* by Daniel  
J. Siegel, M.D., and Mary Hartzell, M.Ed.

## Learn about:

- How our own childhoods affect our parenting
- Whether we're just destined to repeat the mistakes of our parents
- How to break negative, generational family interactions/patterns
- Self understanding and acceptance as a way to allow our own innate wisdom to emerge in parenting
- The science linking our brains, neurobiology and attachment research to parenting



**When:** Tuesdays beginning September 12th, 2017  
from 9:30-11:00am

**Where:** 7409 SW Capitol Hwy  
(Above Katelyn's Closet)

**Cost:** \$35/group session

**For more information or to register contact\*:**

Angie Tanyi, MA, MPH, LMFT Intern

503.200.0661 or [AngieTanyiLMFT@gmail.com](mailto:AngieTanyiLMFT@gmail.com)

\*(Limited spaces available)

“How you make sense of your childhood  
experiences has a profound effect on how you  
parent your own children.”

Dr. Daniel Siegel, M.D.

