



Parenting Classes In English & Farsi

A Program of Cross Cultural Expressions

Learn About Positive and Effective Parenting and Co-parenting

Topics Include:

- ❖ **Parenting Styles vs. Cultural Norms**
- ❖ **Erikson's Theory of Personality Development**
- ❖ **Discipline, Boundary Setting**
- ❖ **Communication Skills**
- ❖ **Social learning and peer pressure**
- ❖ **Adolescence and Puberty**
- ❖ **Substance Use, Mental Health Disorders, etc.**

Date: Every Wednesday, beginning August 1, 2020

Time: 7:00 pm to 8:00 pm

Location: On-line via Google Meets

Facilitated by: Shiva Ghardashem, MA., AMFT

Fee: 12 sessions, \$20/per session

(we are currently accepting LA Care, Medi-cal health insurance)

**For more information or to RSVP contact us at:
(818) 860-1223 or connectwithcce@gmail.com**

- ❖ **Shiva Ghardashem is an Associate Marriage and Family Therapist and has years of experience facilitating groups and providing individual counseling to adolescents, adults, and couples. She invites you to attend the parenting classes to gain knowledge and skills in raising a healthier child.**