

Big Feelings:

Responding to your child's strong emotions effectively

With [Sabrina Hinojosa](#) and [Jaclyn Long](#)

Saturday, July 19, 2014 ~ 10am-5pm ~ Wildcat Studios, Berkeley, CA



Does your child have big feelings?
Do those big feelings ever get hard to manage?
Not sure how to respond in those moments?
Do you get frazzled?

If you answered yes to any of these questions, you are not alone!

Responding effectively when children show us their strong emotions is one of the most challenging tasks we face. In this daylong workshop, we will:

- Explore our relationship to strong emotions
- Deepen compassion for our children when they face big feelings
- Deepen compassion for ourselves in the midst of those feelings
- Explore effective ways of responding to strong emotions
- Learn tools for being with our children's big feelings
- Practice gentle yoga, mindfulness and experiential exercises

For more info, please email mindfulparentingworkshop@gmail.com.

To register [CLICK HERE](#)

Or go to eventbrite.com and search: **Big Feelings Parenting Workshop**

While this workshop is geared for parents of children ages 2-6 years old, parents with younger children and older children are welcome to attend as well.

6 CEU's provided for Marriage & Family Therapists.