



OCT 19 – NOV 16, 2020
JAN 25 – MAR 1, 2021

au·then·tic parenting

defn: not false or copied; genuine; real

5 Week Online Parenting Education Class for Parents of Elementary Aged Kids

Join Parent Coach and Psychotherapist, Sarah K. Ahn, MBA, MSW, LCSW on a five-week journey as we explore what it means to be an authentic parent. This highly interactive course combines the best in attachment theory, neuroscience, mindfulness, and cognitive behavioral therapy to create an Authentic Parenting Toolkit.

Classes will meet weekly **online** on Mondays, from 5:00 – 6:30 p.m. for five weeks. Cost is \$205 per person or \$280 per couple. To register, please visit <https://sarahahn.com/services/parenting-education-classes/> or contact sarah@sarahahn.com.

Week 1: Attachment Style – Why Does it Matter?

Week 2: Emotional Regulation for Parent and Child

Week 3: Communication for Connection

Week 4: The Case for Mindfulness and Self Care

Week 5: The Authentic Parenting Toolkit: Strategies that Work

SARAH K. AHN

Sarah is passionate about helping parents create authentic and reflective relationships with their kids. For over 15 years, Sarah has worked with parents to help them define and rewrite their parenting “roadmaps”.