

# Emotion Coaching: An Essential Part of Your Parenting Toolbox!

Emotion coaching helps parents guide their children through life's ups and downs in a way that builds confidence, resilience and strong relationships. Developed by Dr. John Gottman, author of *Raising an Emotionally Intelligent Child*, this process helps your child learn how emotions work and how to behave in healthy ways when feelings are strong—skills that help them thrive socially and academically. Come learn and practice with a small group of other parents and parent educator/Certified Gottman Educator, Melissa Benaroya, LICSW.

***Come to either:***

**Monday, January 30, 6:30 – 8:30 p.m.**

**OR**

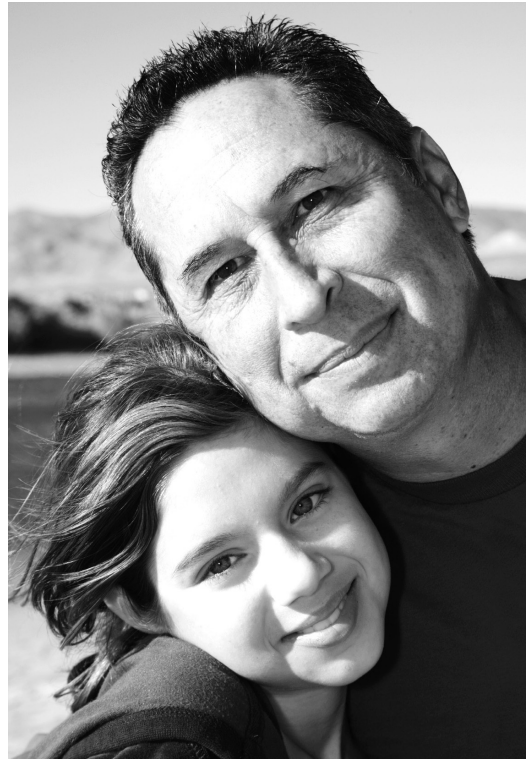
**Tuesday, March 13, 10 a.m. – 12 noon**

Held at JFS, 1601 – 16th Avenue, Seattle

Advance registration required, as space is limited.

\$18/person or \$25/couple. Financial assistance available; please ask.

**Contact** Marjorie Schnyder, (206) 861-3146 or [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).



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