



Quality of Connection: Connection or Disconnection?

Jared Finkelstein

Thurs. February 11, 2016

6:00pm – 9:00pm Los Gatos High School Library

For parents of grades K-12

Admission is free.

We have a choice in every moment, in every thought, and every interaction, to connect or disconnect. The key components of Nonviolent Communication (NVC), also known as Compassionate Communication, embodies a set of powerful tools for reminding us we have a choice, in every moment, to prioritize connection. Participants will be guided through this practical and learnable process.

We will practice together how to:

- Listen to understand, not to agree or disagree,
- Make difficult parenting choices from a self-connected place,
- Take responsibility for our actions and our feelings,
- Increase our capacity to prioritize connection when it's most difficult.

Jared Finkelstein believes that in a connected world, the quality of our connection matters most. For over 20 years Jared has been a proponent of alternative education and compassionate citizenry. Jared offers professional development training to Bay Area school teachers and administrators, as well as workshops and residential retreats for parents and children.

The **Parenting Continuum** is a community alliance empowering parents to nurture the whole child and the whole family by focusing on K-12 parent education. We are a group of volunteer parents who bring awareness, support, and resources on all aspects of family life. For current programs, updates, and resources, please visit: www.parentingcontinuum.org, www.facebook.com/parentingcontinuum, or email us at parentingcontinuum@gmail.com