



PARENTING RESET

WITH DR. CHELSEY HAUGE-ZAVALETA

This five week workshop is designed for parents trying to navigate tricky moments with their children--a child who is struggling at home or at school and needs new or additional support. Help kids to move smoothly through everyday situations by nurturing and reinforcing the relationship between parent and child and using brain & nervous system science to support cooperation.

Come find community and care as you strengthen your relationship to your child during this transitional time when both you and they need so much support!

MEET CHELSEY



Dr. Chelsey works with parents to support cooperation and calm in their families, with a focus on families raising kids who experience challenges in everyday cooperation. Dr. Chelsey brings a brain and nervous system lens to this work with families, and works with specific tools, scripts and relational practices to nurture cooperation and calm.

Sign up for Parenting Reset with Dr. Chelsey at support@soulshoppe.org