



# PARENTING WORKSHOPS

WITH ED CENTER

**HOW TO STAY CALM WHEN YOUR KID IS NOT**  
A session for parents trying to remain grounded when their child is frustrated--or frustrating! Explore why we get triggered, our common trigger responses, and how to find peace in the eye of the hurricane. Diving into your personalized trigger type and how to short circuit your flight/ fight response and close the stress cycle will make staying calm second nature.

**GET OFF THAT PHONE:  
Screens, Relationships and Family**  
This three part workshop is designed for parents looking to create healthy screen time boundaries for their kids and themselves. Learn about the nascent brains science on kids' screen use, how to establish age appropriate screen boundaries in partnership with your child, how to build safety plans and digitally detox when needed.



## MEET ED

Ed Center is a queer brown dad and parent coach. He and his husband guided their son through a mental health crisis related to screen addiction. He's learned a lot to share with you.

Sign up for parenting workshops with Ed at [support@soulshoppe.org](mailto:support@soulshoppe.org)