



Our vision at Echo is to ensure the physical and emotional safety of every child. We do this by teaching parents and any adult who serves children about childhood trauma and how it affects the body and brain. Our parenting classes and professional development trainings emphasize building compassionate adult/child relationships, understanding the critical role of attachment on human development, resilience and healing from trauma.



We take the view that all behavior is communication – either of basic human needs or past trauma intruding on the present. Rather than controlling behavior through punishment and rewards, we see our role as emotional coaches, helping children learn how to regulate their emotions and by modeling empathy and connecting communication.



We give adults the tools to create the quality of connection and care that many of us did not experience for ourselves in childhood. It is certainly easier to use stickers and consequences, and they might even work – short term – but does it create the kind of intrinsically motivated, reflective and empathetic adults we want our children to become? And all too often it means the children who have suffered the most are further punished and isolated.

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## Parenting

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### Trauma-Informed Nonviolent Parenting Classes

For the last 17 years, Echo has been providing sliding-scale parenting classes at our location in Echo Park. The 10-class series includes the latest science on the brain and childhood trauma and gives parents many tools for creating the kind of safe, stable nurturing relationship we all want with our children and underpins healthy development. The year-round classes take place on Saturdays and are available in English and Spanish. Check out our website to find dates for the next series.

### Seeking Safety™ Parenting Classes

For those parents who need a little more time to process a current situation or are still recovering from a past crisis, we offer Seeking Safety parenting classes, which run parallel to the other Saturday classes. This class allows parents a safe space to discuss their struggles and supports parents in finding safer coping strategies for themselves and their children. (Parents needing a letter of completion are required to take 10 Seeking Safety parenting classes before taking the Trauma-Informed Nonviolent Parenting Class Series.)

### Childcare

We provide free childcare for the regular Saturday parenting programming. Our childcare workers are trained in trauma-informed care and model the empathetic relationship building and limit setting that sets Echo apart from other parenting approaches. Through fun activities and modeling, the childcare curriculum teaches an age-appropriate version of the information adults are learning in class.

### Parenting Class Series at your Agency or School

We are able to tailor our parenting class series to the needs of your population. We have provided parenting classes to teen mothers, family caregivers of foster youth, domestic violence survivors and recovering substance abusers, to name a few. Please contact us to learn more.

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## Professional Development

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### Trainings

During the year, Echo offers a variety of professional development opportunities for anyone who works with families and children. We provide an introductory training for educators (Trauma-Informed Compassionate Classrooms) and a general training (Working With Childhood Trauma). Our annual Changing the Paradigm Conference appeals to professionals from all over the world who are looking for the latest science on childhood trauma coupled with practical applications. In partnership with Training Innovations (developer of Seeking Safety), we offer several opportunities during the year to become trained as a facilitator in the Seeking Safety program.

### Professional Development for your Organization (Train + Coach)

We are happy to tailor a training to fit the professional development needs of your agency or school. However, we have learned that just attending a training is not enough when trying to create a paradigm shift. There is no step-by-step manual for undoing years of conditioning and the effects of trauma. Becoming trauma-informed is a practice, and as such participants need the reinforcement of repetition and guidance over time. For this reason, Echo has developed a 'train + coach' model where we complement training with small group coaching. Our skilled trainers can also offer individualized observation and feedback for your staff. Please ask us how we can help your organization become trauma-informed and develop the safe, stable, nurturing relationships with children so they may enjoy lifelong health and learning.

### Training of Trainers

For those wishing to become certified as a parent educator in our trauma-informed parenting curriculum, we offer an intensive Training of Trainers and licensing program. Please see our website for more details.

### Online Classes

Echo is developing online courses to provide distance learning for those who are unable to physically attend our trainings. Please check our website for more details.