

PARENTING WITH CULTURAL WISDOM

A special workshop for Asian American Pacific Islander Heritage Month

19
MAY

NOON - 1:00 PM

All parents have cultural wisdom. This shows up in our family values such as hard work, respect, or service. Many of us also carry generational trauma that impedes us from being our best selves.

Join us to learn how to tell the difference between cultural wisdom and generational trauma. You'll learn concrete tools to embrace your traditions, interrupt your triggers, and heal old wounds.

To join the meeting, click [Zoom](#).

Ed Center



Ed Center is a queer brown dad and parent coach. He was a kid with big feelings and impulsive behavior. Now he helps parents understand and support these kids.