

San Francisco Waldorf School Association

Family Life Series: 2009-2010

Mondays from 9:00 to 11:00 am, Grade School Campus* Library

**An opportunity for parents to explore topics in parenting, Waldorf education and the arts,
and to build the foundation for a healthy family journey.**

Limited childcare available: Parents attend a two-hour class while the children play in a Waldorf environment under the guidance of a caring and expert caregiver. Childcare fee: \$ 9 per hour. Open to children 2 to 4 1/2 years.

LISTEN TO ME! with Lynda Smith

“Transformational! Very insightful! This can be applied to all relationships, and they don’t need to know it!”

These are some of the comments made after last year’s class with Lynda. Come and experience Nonviolent Communication, a practice of empathy and active listening that will help you foster connection and understanding with your children, co-workers, friends or loved ones.

In this four-part series, we will explore how to:

- Move from judgment to understanding
- Tune into the needs behind anyone’s behavior, child or adult
- Establish a quality of connection that will sustain your family through the challenges of life

Lynda Smith is a former editor and former Waldorf teacher. She works as a trained instructor in Nonviolent Communication with a passion for spreading the language of empathy.

Four weeks: November 16 and 30, December 7 and 14. Class fee: \$ 160

WORKING WITH ANGELS with Lee Sturgeon-Day

Counselor, workshop leader and author Lee Sturgeon-Day returns to our school to offer her famous class on how to connect with our children while they are asleep. With humor and wisdom, Lee guides parents in a practice well-known to all Waldorf teachers, which is sure to bear fruits when other “clever techniques” might be failing us. In this class you will learn to use focused picturing of your child and to develop the kind of inner dialogue that brings answers to your parenting dilemmas. No previous experience necessary, nor a specific belief in angelic beings!

Lee Sturgeon-Day is the author of “A Slice of Life,” a memoir of her journey through cancer. Two weeks: January 4 & 11. Class fee: \$ 60

ART WITH CHILDREN with Elena Forrer

Modeling, painting and drawing in the Waldorf tradition. This class will include hands-on experiences with clay and beeswax modeling, the wet-on-wet watercolor technique and the unique Waldorf art of from drawing, plus resources for books and materials, and advice on how to guide children in art activities so that they are not stifled but rather inspired by our guidance.

Elena Forrer holds a Graduate degree from The School of Applied Arts and Artistic Crafts in Madrid. She is an exhibiting artist and a member of the Marin Society of Artists. She has been teaching painting and drawing at our school both in the middle school and high school, and to parents as well. She is a long-time Spanish teacher and author of Senteros, a resource for the teaching of the Spanish language in Waldorf schools.

Three weeks: January 25, February 1 and 8.

Class fee: \$ 90, includes supplies

FEEDING OUR CHILDREN

with Nicole LoBue

Nicole returns to our school for the joy of all those parents who seek inspiration, wisdom and essential guidance for meeting the needs of the family at the dinner table. How does the sense of taste develop? How do we prepare the foods that are good for us in a way that our family with want to eat them? How do we make our trips to the market and our time in the kitchen fun and rewarding!

This class, open to meat-eaters and vegetarians alike, includes instruction on how to make lacto-fermented foods and their value in the diet, preparation techniques for digestibility of grains, as well as specific information about the GAPS diet and its variations for children with special needs, and lots of recipes!

Nicole LoBue is a chef and nutritionist with a specialization in herbology.

Three weeks: March 1, 8, 15. Class fee: \$ 130

RHYTHMS OF LIFE with Marianne Alsop,

Patricia Ardziejewsky, and guests

In this class we will discuss and explore the care of the home environment as an art form: clearing and organizing, daily and weekly routines, how to make non-toxic cleaning products, involve your children in home tasks and chores, decorating for the seasons, family celebrations and creating community.

Four weeks: March 15, 22, April 12 and 19. Class Fee: \$ 80

PARENTING BY TEMPERAMENT

with Lalla Carini & Astrid Thiersch

“Better than therapy!” was one of the comments after last year’s class on temperaments. The mysterious harmonizing power of Eurythmy, under the expert guidance of master eurythmy teacher Astrid Thiersch, coupled with the wisdom of Rudolf Steiner on the temperaments makes this class worth missing a morning at work. We will explore temperament in children as well as in adults, look at the qualities in different parenting styles, and learn to look at ourselves and others with humor and compassion.

Five weeks: April 26, May 3, 10, 17 and 24. Class fee: \$ 150

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Visit <http://www.sfwaldorf.org/news/> to register online for The Family Life Series.

For more information please contact Lalla Carini at 415-931-2750, ext. 212.

This program takes place at our Grade School Campus, 2938 Washington St (@ Divisadero), San Francisco, CA 94115 served by MUNI lines 1, 3, 24 Drivers, please park legally!