

# Being Your Own Loving Parent:

A Compassionate Return to Your Feelings and Needs

A Free Zoom Workshop by  
Bonnie M., Chair of the Loving  
Parent Guidebook Subcommittee

**Saturday, August 2, 2025**

10am-12:30pm ET (USA/NY)

*Entry closes at 10:35 am*

Shift from emotional confusion and reactivity to clarity and self-compassion. Learn to recognize pseudo-feelings like “rejected” or “unsupported,” connect with the feelings and needs underneath, and show up for yourself the way a loving parent would.

Register:



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