



# Mindful Parenting Class

- Become a calmer, happier parent
- Give your children the gift of your presence
- Develop your inner resources
- Enjoy your children (and your life) more

**Wednesdays, 10–11:15 a.m., Oct. 11 – Nov. 15**

**Children welcome!** (We will practice what we learn.)

*Fee: \$15 per session or \$20 with children*

*Discount for payment in full*

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Research supports the benefits of mindfulness for many aspects of our lives. Join other parents for small group discussions of how to be more fully present with our children, see them more clearly, and give them what they need. We will do mindfulness exercises, suggested reading and "homework" assignments.