

# MINDFUL PARENTING

“Parenting from within.”



UNDERSTANDING.  
RESPONDING. CONNECTED.

- Learn to react less and respond more effectively to your child/teen
- Develop strategies to be consistent, yet human and live by your parenting values
- Be intentional in your parenting approach and create a peaceful home
- Connect, even in challenging moments and discover how to “parent from within”

Parenting can be one of our biggest personal growth edges! You are invited to learn how mindfulness is relevant to parenting, identify the 9 steps to responding vs. reacting, engage in 3 mindful parenting practices for home and identify and connect to values that increase joy and ease in parenting. This workshop is rooted in the work of mindful parenting experts, Jon Kabat-Zinn and his wife Maya. Specific skills will be shared and discussed to support you in being mindful, attuned with yourself/child and effective in daily parenting challenges. Join us!

## REGISTRATION DETAILS



When: Saturday, May 11th 2019  
Time: 9am-12pm (Coffee, tea and snacks provided)  
Cost: \$75 per parent, \$125 for 2 or friend



For questions or to enroll in this class contact:  
Erin Driskill, LCSW at 503-208-3101  
or register at [www.choosewellbeing.org](http://www.choosewellbeing.org)



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\*Space is limited, register by April 20th for the early bird rate! (\$10 reduced registration).

