

# LEARN CALMING SKILLS:



PAYING ATTENTION

CALM BREATHING

PEACEFUL SONGS



## CALMING OURSELVES TOGETHER

### A CLASS FOR YOUNG CHILDREN AND CAREGIVERS

Life can be full of joyful and stress-filled moments with young children in tow! In this 8-week class you will learn enjoyable and easy-to-do Mindfulness-Based Stress Reduction (MBSR) skills to do with your child.

This research-based class will help you to guide children ages 0-6 to manage your and their stress in everyday life. We will be practicing mindfulness by paying attention to your thoughts, feelings and body to support you and your child in making choices with wisdom and grace.

MBSR skills are as simple as singing a peaceful song, as natural as deep breathing from your belly, as silly as shaking like a wet puppy and as pleasant as imagining you are a feather floating in the air. You will learn 7 invaluable mindfulness skills to improve you and your child's life. This is an interactive class that promotes mindfulness, calm environments, and emotional intelligence, one of the greatest predictors of success.

#### REGISTRATION DETAILS



When: Tuesday, April 16th, 2019  
10-10:45am, 8 weeks in duration  
Free demonstration class April 2nd, 2019  
Cost: \$23 per class for Child/Caregiver



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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