

Mindful Parenting Series

To Support Happier Healthier Kids



Are you looking to bring calm into your home and improve communication with your children? If so, this workshop is for you. A mindful approach to parenting helps children and their parents feel happier, calmer, and less stressed. This series will aid in managing strong emotions and cultivating compassion, while teaching skills that enhance, and often preserve, the parent-child relationship.

Studies show that children whose parents are more mindful are significantly less likely to report being stressed. Practicing mindfulness strengthens pathways in the brain and can change how the brain responds to stress, explaining why people who practice mindfulness have a more positive outlook on life and are better equipped to handle daily stress and anxiety.

Mindful Parenting Series – Instructed by Lucas Leardmann, UCSD School of Mindfulness

Saturdays, Jan 27 - Feb 10 9:30 am to 11:30 am

Laguna Beach Community & Susi Q Senior Center

\$15 for the 3-part series (scholarships available)

To register, call the City of Laguna Beach at (949) 464-6645 or Lagunabeachcity.net

More info: Marci Mednick at (949) 499-7292 or Marci.Mednick@stjoe.org.

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