

Mindful Compassionate Parenting:

deepening compassionate and mindful connection

The demands of modern life directly impact our ability to practice patience, maintain emotional balance, and access creative problem-solving skills and thereby affect the quality of the parent-to-parent and parent-to-child relationships

Mindful Compassionate Parenting can help you further develop emotional resilience, mindful presence and compassionate connection with your child even in the midst of life's challenges

Online from 6:00pm to 7:30pm Central Time
October 12th through December 14th

Benefits to participants:

- A greater awareness of your own stress reactions
- An increased ability to respond more skillfully to the unplanned and stressful moments with your child
 - Learning to apply insight, kindness and compassion in stressful situations
 - Increasing your child's emotional strength and well-being
 - Improving your child's capacity to respond with kindness to others
- Creating healthier and more productive relationships between family members

Mindfulness and compassion can teach us to listen deeply and with consideration to your children and create new ways of interacting, which, in turn, will your children to manage their own stressors and live their own lives with greater skill and enjoyment.

*This course consists of
10 weekly, 90 minute sessions
in the art of being fully present
for your child with kindness,
consideration, and compassion.*

The facilitators:
Lorraine M. Hobbs: Founding director of the Youth, Family, and Education Programs through UC San Diego
Georgina Robinson: Principal of the Provincial Outreach Program for Autism and Related Disorders, BC, Canada
Alfie Wishart: LPC, Certified MBSR teacher, trained MSC teacher through UC San Diego Medical School

One parent \$350 (Early-Bird \$300)
Both parents \$600 (Early-Bird fee \$500)