

**Title: Mindful Parenting: Raising Kids With Calm Bodies, Quiet Minds, and Open Hearts!**

**When: Tuesday March 9, 16, 23, 30 6:30-8:30 pm OR Saturday March 20<sup>th</sup> 9:30 am-4 pm**

**Description:** “Mindful Parenting” occurs when parents intentionally bring moment-to-moment awareness to the parent-child relationship. This is done by developing the qualities of listening with full attention when interacting with children, cultivating emotional awareness and self-regulation in parenting, and bringing compassion and nonjudgmental acceptance to parenting interactions.

Mindful parenting helps parents to stop and fundamentally shift awareness in order to view their present-moment parenting experience. It is about a shift in conscious awareness. To parent in a kind, calm and peaceful manner, while maintaining strong, clear and fair boundaries for your children, nurtures your child's individuality and unique gifts, giving them the space they need to develop to their highest potential. Discover how living ‘mindfully’ in the present moment assists you to be the parent you want to be and deepens your relationship with yourself, your children and others in your life.

Working Topics Include: The principles of Mindfulness and Mindful Parenting

- How to disengage from conflict when it happens
- How to set boundaries lovingly
- Simple mindful meditations.
- How stress affects your child and you and impairs communication and other areas of your family life
- Authentic Listening and Communication tools that enhance connection
- The use of stress busters to foster self -regulation for parents and tools to help children learn to calm down during stressful times.

Mindfulness helps you in cultivating skills that will allow you to move beyond unhelpful emotions, restrictive preconceptions, expectations and reactivity. It helps you to begin to notice, identify and create choice around responding to your children when they mirror an area needing growth in your own life, as experienced by your reactivity. Mindful parenting helps you to look at the patterns that you developed in your own development that you may be unconsciously handing down to your children. You will be able to create a space for you and your family to thrive and communicate positively.

We invite you to attend this four week group **Tuesday March 9, 16, 23, 30 6:30-8:30 pm OR Saturday March 20<sup>th</sup> 9:30 am-4 pm** to learn ways to more fully engage in the fullness of your life with your children, and to transform moments of despair and struggle to those of communication and positive connection. The groups and workshop will be facilitated by Lora Matz, MS, LICSW and Michele Okposo, RPh, Rev. both with extensive experience in the area of Mind-Body Skills and Mindfulness based stress reduction and transformative practices for living a more authentic and meaningful life. Michele and Lora have worked with children of all ages and their parents.

**Cost: \$100/person \$75/for each additional participant you bring along too! Financial assistance available**

**To Register or for additional information, contact: Michele Okposo, [Michele@centerwithin.com](mailto:Michele@centerwithin.com) or 612-310-8876 OR Lora Matz, [loramatz@earthlink.net](mailto:loramatz@earthlink.net) or 651-592-1176**