



MINDFULNESS EVERYDAY

Mindful Parenting Workshop

Date: Wednesday June 12/19

Time: 6:30-8:30 p.m.

Location: Dundas PS
935 Dundas St E,
Toronto, ON M4M 1R4

RSVP: ritajarokarita@gmail.com



This experiential workshop will deliver practical tips on practicing mindful awareness within family dynamics. Research and practice tells us that Mindfulness helps develop: social/emotional learning, resilience, self-regulation, concentration, self-awareness, kindness and compassion. Learn simple mindfulness practices that can help support the well-being of the whole family including yourself.

The session will examine aspects of mindfulness specifically related to parenting and education:

- how parents can support their children through mindful parenting
- how mindfulness can support well-being for families



Sue Hutton Social Worker & Mindful Parenting Teacher, has been practicing formal Mindfulness meditation since 1985. Sue has over 20 years' experience as a social worker, and has infused her social work practice with mindfulness since the 1990's, and then focused her post-graduate MSW research on mindfulness. Sue leads mindfulness groups with Wellspring, social workers, the disability community, and is currently an investigator with a Ministry of Community Social Services-funded research team exploring Mindfulness as a tool for parents with youth with intellectual disabilities/autism. Sue deeply enjoys the experience of helping to bring mindfulness to the everyday applications of real life in our homes, relationships, and community.