



MINDFULNESS EVERYDAY



A 6 WEEK WORKSHOP
FOR PARENTS AND CARE-GIVERS

MINDFUL PARENTS WORKSHOP

An effective way of increasing our ability to deal wisely with the difficult and stressful areas of our lives through the use of mind-body techniques.



Mindful
Parents



MINDFULNESS EVERYDAY

Mindful Parents: Stress Management and Relaxation Training for Parents

A Meditation Based Workshop

The Mindful Parents program is modeled on The Stress Reduction Clinic program at The University of Massachusetts Medical School. Core components of the Mindfulness Based Stress Reduction (MBSR) Program have been integrated into a curriculum that puts the experience of the parent at the heart of the practice. The material is based on clinical research findings that show that parents have an increased sense of well-being when practicing the techniques taught in the program.

What are the benefits of Mindfulness for Parents and Care-givers?

Research has also shown that youth demonstrate less anxious/aggressive behavior when adults in their lives are practicing Mindfulness (Singh, Nirbhay. 2007) The program is held weekly, over 6 sessions.

It is designed specifically for parents to enable and encourage them to:

- Understand and regulate their emotions in order to manage stress
- Reclaim wholeness and happiness
- Respond more calmly, empathically, and compassionately
- Improve mental and physical health
- Increase satisfaction as a parent

Course Format

The program is delivered in a workshop setting, with a minimum of 8 and a maximum of 25 participants. It consists of 6 two-hour sessions, plus an optional 6 hour retreat. The course is non-religious and non-sectarian.

Course Overview

The heart of the Mindful Parents program is the development of Mindfulness meditation skills supported by teachings delivered in a psycho-educational format. These experiential practices focus on emotional awareness, meditation, movement exercises, discussions and at-home exercises. Parents are asked to set aside some time at home to practice the meditation with a series of CDs provided with the program. Discussion and sharing among parents is also part of the program.

Mindful Parents Tool Box

- Develop greater emotional awareness in parenting interactions
- Have a tool kit of all-ages mindfulness activities for the home setting
- Create more effective strategies for relating to difficult situations
- Apply mindfulness training to interactions with family and others
- Improve health and wellbeing

The course is conducted in a safe, supportive learning environment.

In the spirit of generosity, some spaces may be available to those who genuinely are unable to afford the full cost of the workshop. Alternative payment options may be considered.

**For more information on dates, location, and pricing,
please check our schedule page**

www.mindfulnessseveryday.org/schedule

If you would like to register for the course or would like more information,
please contact Sue Hutton sue@mindfulnessseveryday.org