

# Mindful Parent: Mindful Child Workshop for Parents

**P**arents can learn to be fully present with our children - both in shared moments of joy, as well as during challenging times of conflict. Mindfulness practice can support parents to nurture ourselves and create moments of self-care so we can slow down, pause and savour many of the day-to-day experiences of being a parent. Mindfulness also helps us ride the waves of all the more difficult moments as well.

Mindfulness practice with children has been found to reduce stress, improve emotion regulation, foster academic learning, reduce anxiety, increase executive function and promote overall well-being.

**WHEN:** Wednesday, May 16, 2018, 6:30-8:30pm

**WHERE:** Ventura Park PS - Library

**REGISTRATION:** RSVP your attendance to [venturaparksc@gmail.com](mailto:venturaparksc@gmail.com)

Join us for a raffle free to all those who attend for your chance to win books written by our expert speaker!



**WIN  
PRIZES!**

© Can Stock Photo

## **In this experiential workshop, participants will learn:**

- ❖ A few example of how to apply mindfulness practices to parenting
- ❖ A couple of playful & engaging ways to share mindfulness with your children
- ❖ Some ways that mindfulness can support both parents & children to ride the waves of big emotions and challenging moments

**Sara Marlowe** MSW, RSW is a clinical social worker, author & mindful self-compassion trained teacher. She has been meditating for many years and takes delight in sharing mindfulness with children & families. Sara is the author of "No Ordinary Apple: A Story about Eating Mindfully" and "My New Best Friend," which teaches self-kindness & compassion. She is the proud mother of 2 children. Find Sara at [www.mindfulfamilies.ca](http://www.mindfulfamilies.ca).