



Mindful Parenting

SEPTEMBER NEWS 2016

PARENTING CLASSES

Learn practical
ways to support
your child and
care for yourself
at the same time!

*"Mindfulness
parenting is a form
of mindfulness
training and is
defined as: "paying
attention to your
child and your
parenting in a
particular way:
intentionally, here
and now, and non-
judgmentally"
(Kabat-Zinn)*

Patricia M. Salem
LPAT, ATR-BC

Mindfulness
Teacher & Art
Therapist

Parents,
Children, Groups

Invitation From Patricia M. Salem

Peaceful Solutions for Everyday Parenting

This workshop offers parents a small group experience for learning how the practices of mindfulness can lessen stress on you and your children and help create harmony at home and in daily living. Parents benefit from attending all four classes as each builds on the next. Learn ways to develop your own meditation practice and positive parenting rooted in compassion.

Wednesday, Sept 21, 6:00-7:00 PM

- Research on benefits of mindfulness for children/teens
- Developing and continuing your own meditation practice
- Deal with emotions, distractions & ways to respond without reacting

Wednesday, Sept 28, 6:00-7:00 PM

- Cultivate compassion for yourself, your children and others without judgement
- Understanding and responding to your child's emotions
- Learn mindful activities to practice with your child/teen each day

Wednesday, Oct 5, 6:00-7:00 PM

- Learn to resolve difficulties in relationships using mindful listening, non-judgement & compassion
- Developing a self-care plan for you as a parent
- Learn more mindful activities to practice with your child/teen

Wednesday, Oct 12, 6:00-7:00 PM

- Making your mindfulness practice portable for home and work
- Modeling mindful living with your child
- Learn peaceful ways to BE in the chaos of daily life

Cost: \$25 per parent or \$40.00 couple per class. Pre-registration Required.
Payment expected prior to each class.

All classes are held: 120 Sears Ave, Ste. 202 Louisville, KY 40207
(on 2nd floor above Equus Restaurant)

Call or email Patricia Salem to register for this class series.

Phone: (502) 396-8196 patmci612@gmail.com



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