

Introduction to Mindful Parenting

A Free Introductory Workshop to the 9-weeks “Mindful Parent Resilient Child” Program

Priority given to Richmond Parents of children under 12

“Mindful parents can offer the most precious gift of their purposeful awareness to raise some joyful and resilient children.” — Mindful Parent Resilient Child Program



NO Babysitting/Childcare

This is a parenting workshop you...if you want to raise a happy and resilient child..or, if you want to have better understanding of your child's meltdown, difficulty in focusing, or sad/mad/anxious feelings.

In this 2 hour workshop, you will also learn about :

- A Neuroscience perspective of children’s difficult emotions and tough behaviors
- How mindfulness assists you to be the parent you want to be
- Some experiential mindfulness exercises
- Key elements of the 9-weeks fee-for-service “Mindful Parent Resilient Child” Program

**Date and Time: January 19, 2016 (Tuesday)
10am to 12pm**

**Location: Richmond Public Health
Room #345- 8100 Granville Avenue, Richmond**

Language: English

**Questions and registration: 604-233-3223 or
<https://www.eventbrite.ca/e/2016-free-parenting-workshop-introduction-to-mindful-parenting-english-tickets-16521528336>**

Registration is open until January 12, 2016 at 4p.m.