

MINDFUL PARENTING

Building Resilience & Mindfulness in Children

WHAT: Mindfulness helps develop increased attention & focus, strengthen empathy and compassion, counter the brain's 'negativity bias,' and improve communication, especially in difficult moments. Mindful parenting teaches us to be fully present with our children – in both shared moments of joy as well as when our buttons have been pushed to the limit. Mindfulness can also remind us to savour the richness of parenting through slowing down and sharing in our children's day-to-day experiences.

WHEN: Wednesday, April 8, 6:30-8:00 pm

WHERE: Our Lady of Wisdom School- 10 Japonica Road, Scarborough

CONTACT: csac.ourladyofwisdom@tcdsb.org

REGISTRATION: HOW TO RSVP: By April 2, 2015 Email to csac.ourladyofwisdom@tcdsb.org

Child-minding provided with RSVP Only.

Light Refreshments will be available.

In this experiential workshop, participants will learn:

- Mindfulness practices that support us to more effectively respond to stress & manage difficult emotions
- Brain-based communication strategies that build resilience in children, particularly when navigating difficult behaviours & strong emotions
- Practices that foster acceptance, empathy, compassion & community
- Playful mindfulness practices to

Sara Marlowe MSW, RSW is a musician, clinical social worker, author & university lecturer. She has been meditating for many years and takes delight in sharing mindfulness with children and families. Sara is the author of "No Ordinary Apple: A Story about Eating Mindfully." She has a 4 year-old son and a daughter on the way. Find her online at www.mindfulfamilies.ca.