

Family Resource and Development Center, LLC

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MINDFULNESS WORKSHOP For PARENTS

Mindfulness practices are effective in reducing stress, promoting health, and increasing joy in our lives. When we bring mindfulness into our parenting, life can be calmer, relationships stronger, and parenting more rewarding.

Who: Parents of toddlers to teens

What: In this series of two, 90 minute workshops, you will:

- Learn what mindfulness is
- Experience mindfulness through a variety of exercises
- Learn mindsets to help you parent more calmly, effectively and connected to your child
- Discover ways you can bring mindfulness practices into your life for yourself and your family

When: Saturday April 29th and Saturday May 13th from 1:30-3:00pm

Where: Family Resource and Development Center
41 North Main Street, Suite 303, West Hartford, CT

Cost: \$40 per person / \$60 per couple per class

Total cost for both classes is \$80 per person / \$120 per couple

Workshops are led by FRDC clinician Stephanie Carter, LCSW, who has been learning and applying mindfulness practices in her work with clients as well as in her personal and family life. She is excited to share what she has learned with you.

To enroll or for further information – contact Stephanie at
stephaniefrdc@gmail.com or 860-351-3120