

Miami Country Day School

presents

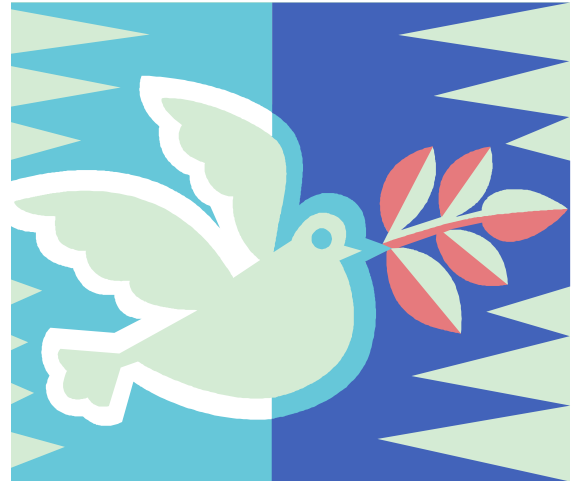
Mindful Parenting and the Holidays: Creating Connection and Restoring Peace in the Home

Mindfulness and Meditation Workshop
with **Shelly Sowell, M.Ed., NCC**
MCDS Middle School Life Skills Instructor
& Therapist at Mind Spectrum Institute

Time: 8:15-9:30 a.m.

Day: Tuesday, December 8, 2009

Place: Smurfit Hall, MCDS Upper School Campus



The holidays can be stressful, but they can also be a rich time of reconnection and renewal of spirit in the home. Come to this workshop to experience some relaxing time for yourself as well as to learn specific strategies to create peace in the home.

Participants will learn:

- Introduction to Mindfulness and Self-Care
- Relaxation/Stress Reduction Techniques
- Attunement with personal needs and child's needs
- Enhanced communication with child/spouse
- Specific strategies to use in the home for every developmental level - infant through teenage years

This workshop is sponsored by the Parents Association and Guidance Department. Please feel free to bring your friends. For more information and for questions, please contact Maggie Avalos, Director of Guidance Department, (305) 759-2843, ext. 290.