

TIME IN:
Cultivating Peaceful Kids in a Stressed Out World

Monday, November 3rd | 7:00-8:30 p.m. | Location

The developmental path from a child to an adult is an exciting and pivotal time, during which change is constantly happening - physically, mentally, emotionally, and spiritually. Kids are better equipped to handle modern culture's onslaught of societal pressures when they are able to draw from a developed inner resilience. Students are under an unprecedented amount of stress to perform academically. There is another side to their education - the social and emotional learning that can help them to feel good about their lives, create and maintain healthy relationships, and foster creative and deeply meaningful living. *Please join us for this parent workshop that will explore how to help kids cultivate self-awareness and develop inner resilience, so that kids and teens may go out into the world with self-love, confidence, and compassion.*



Workshop will include:

- **Developmental Path** - Understanding the developmental shifts between middle school and high school
- **New Boundaries** - Giving support while fostering independence and responsibility
- **Staying Present** - Mindfulness tools that can help parents deal with stress and help their kids
- **Red Flags** - Recognizing signs of stress, decline in well-being, and how to help

Shelly Sowell, M.Ed., works with schools to create meaningful, effective and comprehensive wellness programs. She has worked as a counselor, educator, consultant and mindfulness-based life skills instructor throughout her career, which began in 2004, and has created wellness practices in Miami and Los Angeles. Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee. She holds a license in Mental Health Counseling in the state of Florida and is a National Certified Counselor. For more information, please visit www.shellysowellwellness.com.