

Parenting as a Path

6 Week Course in Mindfully Parenting Through the Tween & Teen Years

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6 Week Parenting Group

- Time:** 6:30 p.m. to 8:30 p.m. (class is usually 90 minutes to 2 hours)
- Dates:** Thursdays
2/27, 3/6, 3/13, 3/20, 4/10, 4/17
- Cost:** \$250 total – includes 6 sessions and emailed notes/resources (this is a special discounted rate for Chadwick Families)
- Participants:** Limited to 12 participants
- Location:** Chadwick School – Library Story Room

Being a Mindful Parent means to engage with your child on a journey to wholeness; being aware of your mental and emotional patterns and how they impact your ability to relax and to see clearly your child's growth and development.

This group will help parents learn stress-reduction skills and parenting strategies for the teen years through the context of mindfulness, or present-moment awareness. Mindfulness practices have been proven to help reduce stress, increase attention and concentration, increase one's ability to empathize with others and help to deal with difficult thoughts and emotions. Most of all, mindfulness practices can help us to cultivate our inner strength and allows us to create a deeply responsive and meaningful life experience. This group includes education and discussion on all major teen topics (ex. stress, time, sexuality, relationships, dating, drugs & alcohol, body image, discipline/boundaries, etc.). Please contact Shelly if you have any questions or would like to learn more about this group. For Shelly's bio, please visit www.shellysowell.com.

Examples of Skills and Practices:

- Stress-Reduction
- Relaxation
- Meditation
- Conflict Resolution
- Boundaries
- Self-Reflection
- Attunement
- Differentiation

Examples of Topics:

- Parent Self-Care
- Stress Management
- Development in Teen Years
- Influence of Culture
- Compassionate Presence
- Clear Communication
- How to talk with Teens about common (challenging) issues
- Anonymous questions about anything teen related

Please email shellysowell@live.com to register by February 17, 2014.

Spots are reserved on a first come, first served basis.