

Miami Country Day School

presents

Creating Inner Resilience in a Culture of Affluence:

Guiding Kids in an Age of Excess

Mindfulness in Parenting Workshop
with **Shelly Sowell, M.Ed., NCC** & **Dr. Sandra Coiffman-Yohros**
Psychotherapists at Mind Spectrum Institute



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

Day: September 8, 2009

Place: Smurfit Hall, MCDS Upper School Campus

What happens when we develop in a culture that values materialism over relational connection, performance over learning, and external motivation over inner resilience? We need to start now with examining the world our kids are growing up in and build community to create a new way to help our kids grow from the inside out.

Participants will learn:

- Introduction to Mindfulness and Parenting
- Define a Culture of Affluence
- Make connections between cultural demands and developmental trajectories
- Explore impact of new technology
- Discuss inner resilience and new parenting strategies for 21st century

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.