

Mindful Parenting Workshop with Cheryl Blackington

"You can only be a little nicer than you actually feel." -Adele Faber



Parenting is full of joys and challenges and can produce a considerable amount of stress for everyone involved. It is very difficult to be kind when you feel like you are going to explode or you just want to hide under the covers. Our Mindful Parenting workshop will emphasize mindfulness skills that will help you gain clarity, step out of reactivity, and respond more effectively to the challenges (and joys) of parenting. You will also begin to cultivate a deep sense of compassion for yourself and all members of your family.

Learning Objectives

- Learn how to practice mindfulness and mindful self-compassion
- How to take the parenting journey one moment at a time
- How to respond to parenting stress (as opposed to react)
- How to start over when you feel like you blew it
- How to take responsibility for your behavior
- And teach your children to do the same

Join Cheryl Blackington from GR Center for Mindfulness in this 2 hour workshop.

Date: Saturday April 14, 12:00 PM - 2:00 PM

\$45.00 per couple

\$30.00 for singles

Register at Renew Mama

Phone: (616) 425-9642

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