



MINDFUL PARENTING GROUPS

- Connect with like-minded parents in a safe space;
- Build an authentic and compassionate relationship with your child.
- Model using effective communication and thoughtful responses.
- Set healthy boundaries with structure/routines for positive behaviors.
- Stress management & positive coping skills for you and your child to balance all of the many responsibilities you juggle in your daily life.
- Focus on your child's strengths; Building resilience, self-esteem, confidence, independence, & decision-making.
- Create a more peaceful and calm home environment.
- **It starts with YOU;**
- Understand positive impacts of Mindfulness & become more self-aware.
- Put on your oxygen mask first and create time for your own self-care.
- Develop your own Mindfulness practice with the support of this group.
- Practice Mindfulness with your child at home.
- Feel balanced. Stay centered. Be fully present to enjoy your child.
- Come, RELAX, laugh, & take time for yourself. YOU DESERVE IT!

Seven weekly Tuesday groups- 10:45-12:00; September 10-October 22
Six bi-weekly Wednesday groups- 6:30-7:45pm; October 9-December 18
\$40 per group; First half payment due on first group & second half due on fourth group

CONTACT Linda for more details

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