

MINDFUL PARENTING PROGRAM

Our Mindful Parenting Program provides a four-week virtual parenting group series.



Learn How to:

- ✓ Develop mindfulness and self-compassion
- ✓ Learn self-reflective problem-solving skills
- ✓ Strengthen connection and communication with your family
- ✓ Set effective limits with empathy

We ask for a 4-week commitment
Tuesdays @ 4pm

FREE!

*Thank you to the Orden
Family Philanthropy for
funding this program.*

To Register:

