

PARENT WORKSHOP

Parenting Mindfully

Mindfulness has been shown to reduce stress and anxiety and increase attention and concentration skills. Children with mental health challenges can benefit from learning ways to stay present and calm in the face of stress. Studies have shown that youth who learn healthy coping skills early on are better able to navigate challenges later in life.

This workshop will address various parenting strategies with an emphasis on being a mindful parent, including:

- Practical tips for raising healthier, happier children and addressing everyday challenges
- Introduction to mindfulness and mindful parenting to strengthen the parent-child relationship and communication
- Using mindfulness exercises to understand your child and yourself

Presented by Dr. Marina Heifetz, Clinical Psychologist

This course is based on evidence-based communication and self-awareness strategies

Date and Time:

Sunday, September 15, 2019 from 9:30-11:30 am

Cost: \$212* per family

Contact Us To Register!

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