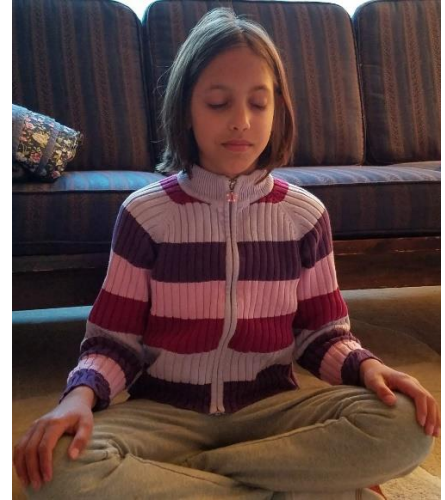


Parent-Child Mindfulness and Well-Being

Children ages 6-12 with an Adult Caregiver

Free Preview at LB on Wednesday, Sept. 5, at 2:30pm

for upcoming 8-week series that begins Wednesday, September 12



During this eight-week class, children and adults will cultivate mindfulness and well-being through stories, guided practice, art and sharing:

- Social and emotional learning
- Mindfulness training
- Strategies for dealing with difficult thoughts and emotions
- Self-compassion and kindness practices
- Practices that help to grow positivity, resilience and well-being

Instructor: Jamie Lynn Tatera (Wholly Mindful)

When & Where: Wednesdays, Sept. 12-Oct. 30th at 2:30pm at Lake Bluff, room 109

Registration for the eight-week class is through the Shorewood Rec Dep.; Free preview on 9/5

What parents say about this Parent-Child Mindfulness class:

"Jamie Lynn's mindfulness class was everything I was hoping for and more: fun, inspiring, and inclusive. Jamie Lynn's experiential, playful teaching set the perfect tone for my kids and I to learn about mindfulness techniques. I highly recommend this class." -Candice M., Whitefish Bay

"This class helped my daughter and me bond in having a shared experience of working together on something so soothing and important to us. We can help each other remember the different strategies and work through difficult emotions together. It is just as much for [parents] as it is for [kids]!!" -Jen

Visit www.whollymindful.com to learn more about Jamie Lynn's classes, her family practice, or to request a partial scholarship if needed for your family to attend this 8-week parent-child class.

