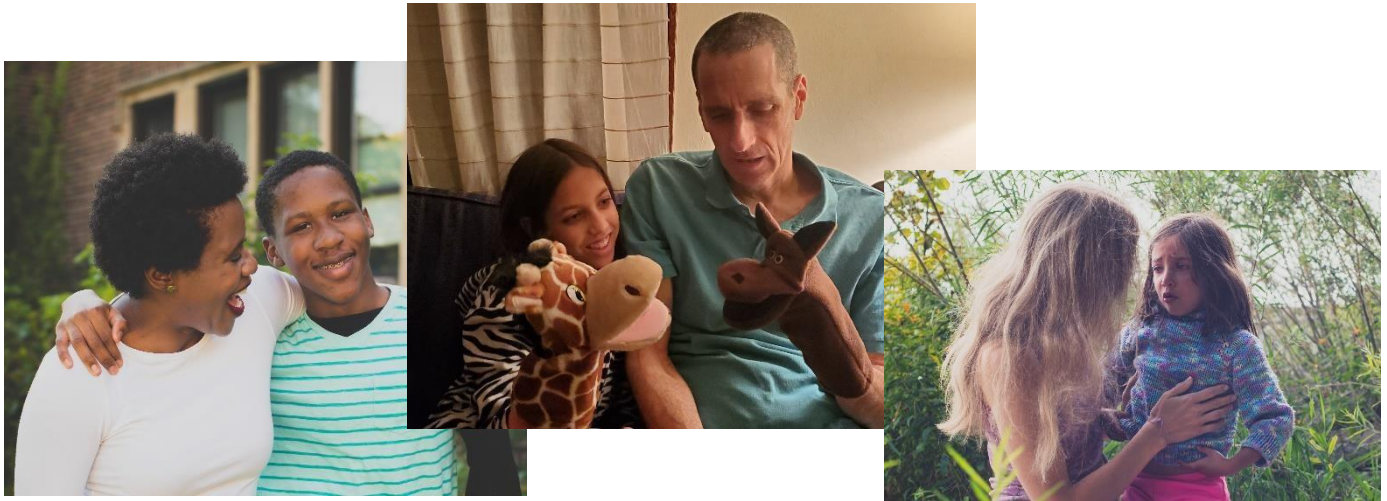


Family Live online Class

Communicate-to-Connect

Children ages 7-12 with an Adult Caregiver (teens are also welcome)

Thursdays from 10:30-11:15am, beginning May 7th, 2020



Effective communication leads to a happier, healthier and more connected family.

Through practice and play, you and your child will grow together:

- Increase your capacity to speak and listen mindfully (with presence)
- Understand how to effectively communicate about feelings
- Broaden your conflict resolution strategies
- Make skillful requests
- Focus on underlying needs to build connection

Instructor: Jamie Lynn Tatera (Certified Mindfulness Educator; Founder of Wholly Mindful)

When: Thursdays from 10:30-11:15am, May 7th thru June 11th, 2020

Location: Live-online from the comfort of your home

Information & registration: <https://www.whollymindful.com/communicate-to-connect.html>

Pay-what-you can-investment: Scholarship options are available on the payment page so that this class is affordable for everyone.

What parents say about our Parent-Child classes:

"Jamie Lynn's family communication class was helpful in reducing the intensity of conflicts between my daughters. It provided the whole family with a common language for managing emotions and balancing needs." -Carol De Sisti, Communicate-to-Connect class participant

Contact Jamie Lynn at jamielynn@whollymindful.com or visit www.whollymindful.com to learn more about Jamie Lynn's classes, family practice.



A healthy mind leads to a happy life