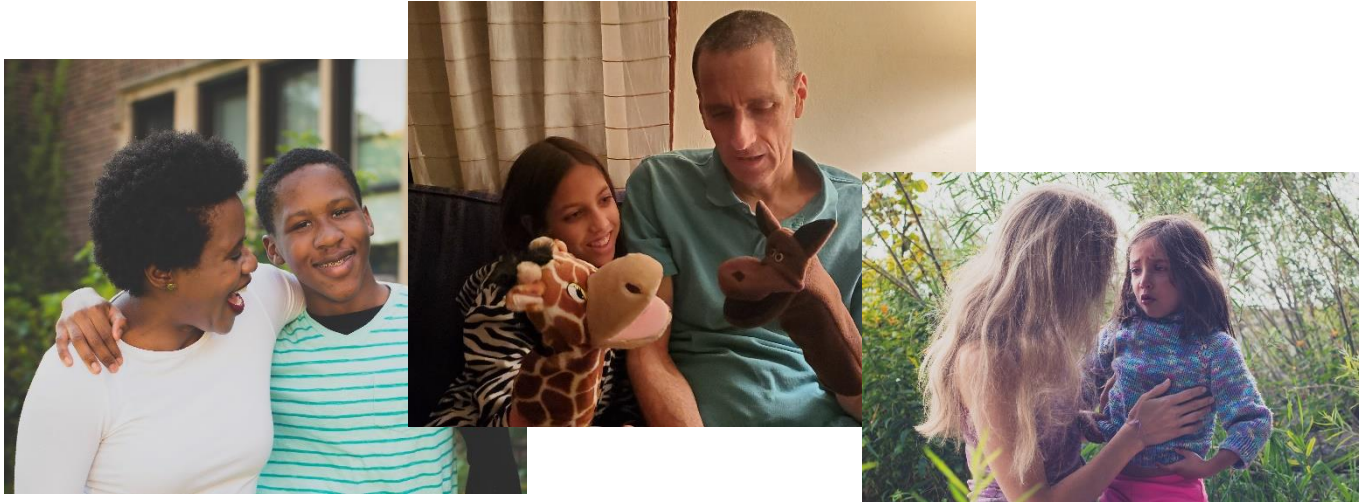


Live Online Family class

Create health and happiness together on the Path to Resilience

Children ages 6 & up with an Adult Caregiver (teens are also welcome)



Creating healthy habits in our minds leads to happier, more connected families.

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

- Increase your ability to focus in the present moment
- Understand your feelings and how to relate to them in a helpful way
- Develop soothing mindfulness and self-compassion skills
- Deal more skillfully with difficult thoughts
- Learn to grow the good in your life

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

When: Schedule a class for your family or group of families

Location: Live online from the comfort of your home using the free Zoom app (simple installation)

Info and Registration: <https://www.whollymindful.com/the-path-of-resilience.html>

"My daughter and I really looked forward to our time every week with Jamie Lynn. She has such a calming presence and was able to facilitate discussions between my daughter and I that wouldn't have happened otherwise. Jamie Lynn introduced many very practical strategies to help my daughter and I deal with the stress of life. -Beth A., Whitefish Bay

For More Information, visit WhollyMindful.com or contact:

Jamie Lynn Tatera at jamielynn@whollymindful.com or call 414-554-0067



A healthy mind leads to a happy life.