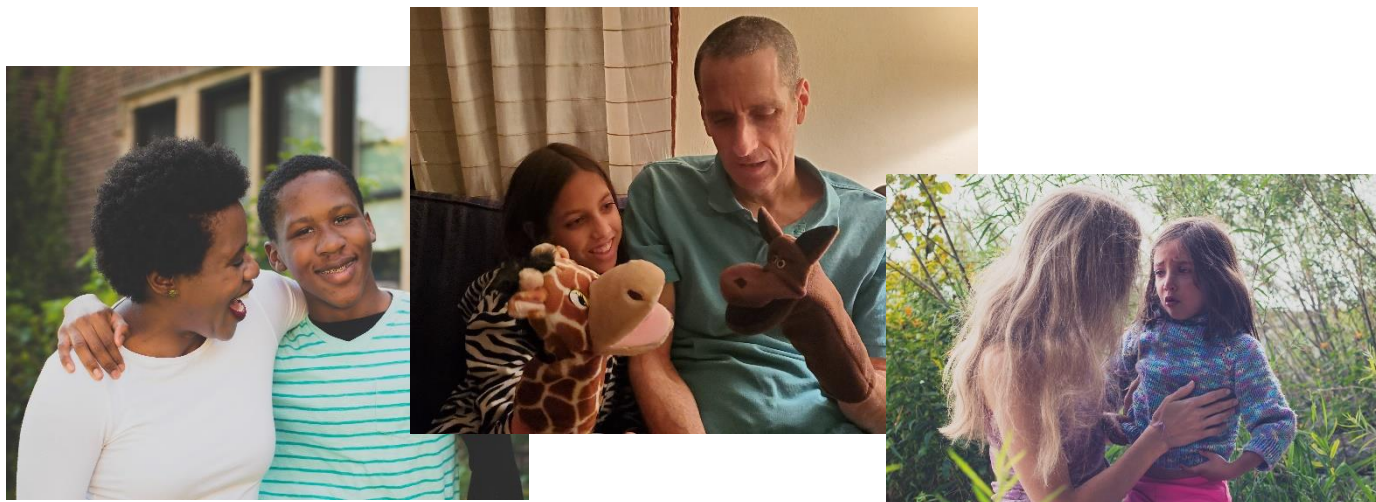


Mindful/Compassionate Communication Parent-Child & Family Class

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

Thursday, Jan. 23 – March. 5, 6:30-7:10pm in Shorewood



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, January 23 - March. 5 from 6:30-7:10pm

Location: Northwoods-- 1572 E Capitol Dr. (across from Shorewood High School)

Registration: <http://www.whollymindful.com/mindful-communication-p-c-registration.html>

Standard Registration: \$139 for one parent-child pair; \$209 for two parent-child pairs (family); \$169 for one parent w/two children

What parents say about our Parent-Child classes:

"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

Contact Jamie Lynn at jamielynn@whollymindful.com or call 414-554-0067 to learn more about Jamie Lynn's classes, family practice, or to request a partial scholarship to attend this 6-week parent-child class.

