



Mindful *parenting*

Do you worry that you are turning into your parent(s)?
Do you wish you enjoyed the process of parenting more?
Do you get into the same battles with your kids day after day?

Join the Mindful Parenting Group

This multi-part workshop will teach you how to:

- Learn and practice basic mindfulness skills
- Be more patient and accepting of yourself and your child(ren)
- Stop parenting in ways driven by anger, anxiety, frustration, irritability, stress. . . .

When Saturdays 1-2:30 pm beginning Oct 29, 2011 for
6 weeks (no group Thanksgiving weekend. Individual
orientation session required for all participants)

Where 3055 Plymouth Rd, Ann Arbor MI 48105

Cost \$35 per session (\$60 for couples). Sliding scale available.
BCN accepted.

Contact Lisa Inoue 734.996.9111 x221

Robert Martin 734.996.9111 x213

