## Mindful Parenting Group



## What is mindfulness?

Mindfulness is the practice of paying attention, on purpose, to our everyday experiences. The practice of mindfulness allows us to develop a deeper awareness of what is happening around us and in our relationships. Practicing mindfulness can decrease stress, increase overall well-being, and improve positive coping.

## What is mindful parenting?

Parenting can often be stressful and challenging. Mindful parenting brings the skills of mindfulness to the parent-child relationship and has been shown to reduce stress, increase positive connections and interactions, and decrease parent reactivity to challenging situations.

## What can I expect from a mindful parenting group?

This group will contain a combination of instruction, discussion, and practice. Sessions begin September 17<sup>th</sup>, 2018 and will run for 6 weeks. Sessions will be held on Mondays at 6:00 – 7:00 PM and will be held at Brighter Hope Wellness Center in the River Hill Professional Center in Clarksville, MD. \$70/session

Contact Brighter Hope Wellness Center to register and for additional information: <u>Contact@brighterhopewellness.com</u> or 410-531-8100