Parents are in a constant time crunch, and we all do our best with the tough balancing act of juggling work, raising our children, spending quality time with our families, and carving out personal time for ourselves. We’re often left feeling stressed and drained, and wondering how we can find more time, space, and energy in our lives. **How can mindfulness help us as parents?** Our 6-week course teaches parents mindfulness practices that are scientifically validated and provide numerous positive benefits for our health and well-being. These well-researched, practical tools help bring a greater sense of patience, kindness and empathy into the home, greater calm and balance to our lives, and a renewed sense of joy and strength to our families and communities.

**Join us as we learn about Mindfulness for Parents!**

**In this 6-week course you will learn:**

- How we define “mindfulness” and why it is an essential life skill
- How mindfulness positively impacts and improves the functions of the brain
- Ways in which mindfulness increases attention, stress-reduction, resilience and empathy
- Simple practices to help you transform into a more present, open, and receptive parent
- How to support your child’s brain at key developmental stages
- Practical skills & resources for integrating mindfulness practices into your daily life

**Instructor:** Trisha Stotler has been a student of meditation for over twenty years. She teaches classes and retreats in the DC area to both beginners and advanced practitioners, including the year-long course she created called Bringing Mindfulness to Life. A long-time Mindfulness-Based Stress Reduction (MBSR) instructor, she emphasizes the practical application of mindfulness in all activities. As a breast cancer survivor and a mom to three young kids, she considers mindfulness practice an essential part of her daily life.

**Fridays 9:30-11AM**  
**April 1 - May 13 (no class April 22)**
**Emmaus United Church of Christ**  
900 Maple Ave East, Vienna, VA 22180  
Cost: $195

*Please register at [www.mindsincorporated.org](http://www.mindsincorporated.org)*

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