



Mindfulness Workshop for Parents
Thursday, February 15th, 2018
6:30-7:30
Roessleville Library

Sponsored by the South Colonie School District

How to stop yelling, improve your relationships and create a more peaceful, respectful home

Do you find that in your home:

- ✓ There is a high level of stress
- ✓ Everyone is always on the go, leaving little time for leisure activities
- ✓ Your children respond to you by talking back and being disrespectful
- ✓ You don't have time for yourself

Mindfulness is a practice that has many positive effects for both parents and children. The benefits of being more mindful, or being present in the moment, include a reduction in stress, the ability to pause and think before responding, and an overall feeling of gratitude and well-being.

In this practical, engaging workshop, you will learn:

- How mindfulness changes the brain and leads to more adaptive responses to stressful situations
- Mindful activities that can easily be incorporated at home
- A step-by-step process that can be used to ease transitions such as the morning routine, meal time and bed time.
- How to develop a positive, supportive home centered around gratitude and compassion for others.



Jennifer Bashant, Ph.D., LMSW, MA, is a certified mindfulness coach. She was trained by Mindful Schools, and uses their K-5 and 6-12 curricula to coach teachers and facilitate mindfulness groups for students. Jennifer has been a trainer, coach and consultant in Capital Region schools for the past eight years.