

# Batavia Public School District 101 Invites You to a Fun and Exciting Parent Workshop!

## **Parents, stress much? And what's all this mindfulness stuff about?**

Do you find yourself running from one after-school activity to another? Are you part of the “sandwich” generation who is caring for both elderly parents and growing children? Parenting isn't easy—so if you can relate (or if it just sounds interesting) join us for this informative session with Dr. Miriam Ojaghi of Resilient Mind Consulting. Participants will learn about the role of contemplative practice (like mindfulness and gratitude) in parenting. There will be information about stress, the nervous system, and strategies for dealing with powerful emotions. Discussion will include the role of technology and social media in mental and emotional well-being and other challenges of childhood and parenting. Whether your child is a newborn baby or well into adulthood, this workshop is for you!

**Who: Parents and Guardians**

**Where: Batavia Library**

**When: Tuesday, December 4, 6 p.m. - 7:30 p.m.**



**BATAVIA  
PUBLIC  
SCHOOL  
DISTRICT 101**

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