



## Mind Full, or Mindful?



**Please join us for a parent workshop:**

**Mindful Parenting**

**Thursday, March 21, 2019, 6:30 p.m.**

**Rosalie Jones Administration Center  
335 W. Wilson St., Batavia**

The practice of mindfulness helps bring present moment awareness to challenging situations and allows us to respond rather than react. As parents, it is easy to fall into the trap of emotional reactions to our children's behavior. When we learn how to take a pause and observe our feelings, we can make better parenting choices. In the Mindful Parenting workshop, we will learn and practice a few simple mindfulness techniques. We will also discuss ways to introduce mindfulness to children of all ages and ability levels. Join us!