



Mindfulness Group for Parents

Adapted from Jon Kabat Zinn's Mindfulness Based Stress Reduction course

An 8-week psychoeducational group for parents of children of all ages

- Learn evidence-based mindfulness techniques to reduce stress, worry, & anxiety
- Approach parenting situations with greater clarity, empathy and effectiveness
- Understand and better regulate your emotions to manage stress (and help your kids to do the same)
- Reduce worry and guilt, and enhance self-acceptance and self-compassion
- Experience a greater sense of well-being, happiness and satisfaction as a parent

Course is delivered in a workshop setting and is non-religious and non-sectarian

*~Because the best way you can help your kids is by being present...
for them and for yourselves~*

Dates and times for the next group are being determined. The group will run for 8 consecutive weeks (1.5 hours weekly) at an accessible location in Markham.

If you are interested in the next group offering, please contact the Chrysalis Centre at 905-752-6789 ext. 124 or by email at chrysalisgroups@Mail.com