



Mindfulness Group for Parents

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

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

An 8-week course for parents of children of all ages that will help parents to:

- 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

About the course:

This course is a mindfulness-based stress reduction group for parents, modelled from the program that began the "mindfulness revolution in the Western world" called Mindfulness-Based Stress Reduction (MBSR), developed by Jon Kabat-Zinn. However it has been greatly adapted and tailored to meet the needs of parents, particularly working parents. It is important to note that this is **not a parenting skills group** about problem solving, teaching parenting strategies, or managing problem behaviour. The intention is to learn about and incorporate mindfulness attitudes and tools into your life and in parenting situations.

The underlying premise of the course is that changes in your relationship with your children occur with changes in your relationship with yourself. Two basic assumptions of mindfulness are that: (1) each person is the best "expert" on their own problems, and (2) as long as you are breathing, there is more right with you than wrong with you. Parents are not "deficient" in skills or capabilities to be the best parent they can be - parents already are "good enough parents" - mindfulness simply gets you in touch with this truth and to cultivate greater trust and confidence in yourself as a person and as a parent. This in turn shapes your relationships in positive ways with your kids as your kids cultivate these qualities in themselves. Your kids will learn by your modelling and changing of your response from habitual (learned) reaction patterns - which are no longer serving you/your kids - to more intentional and effective response patterns - which you will become aware of through this group. You will also learn tools to cope

with triggering situations that can often lead into a negative interaction pattern which leaves both parents and kids frustrated.

More and more research is showing the impact of parents' mindfulness on reducing their kids' stress, anxiety, problem behaviour, other mental health problems, and improving their coping and resiliency. Moreover mindfulness is being taught in schools, hospitals, community clinics, workplaces, pretty much everywhere.

The course will help parents learn mindfulness and how to apply it to their lives and to parenting situations. There will be weekly readings and home practices expected. Ten minutes of meditation practice daily minimum 5 days/week is expected (guided meditations will be provided in the course), plus journaling, readings, and other specific personal and parenting-related practices. It is important that participants do not miss sessions as each session builds upon the previous, and it impacts the group collective energy as well. Of course things happen but as much as possible this is to be avoided. Making a sincere effort to attend all sessions is important and a minimum of 6 out of the 8 sessions must be attended to receive the most benefit; if you foresee missing more than two sessions, the group may not be a good fit for you at this time.

Note: Enrollment is limited to 12; A pre-group interview will be conducted with each participant before the course begins, in order to ensure that the group will meet your needs at this time.

The next group will take place in January 2019. Exact dates/times and cost are being determined and will be announced soon. The group will run for 8 consecutive weeks (2 hours weekly) at an accessible location in Markham.

An interest list is currently being generated. If you would like be placed on the list for the next group, please contact the Chrysalis Centre at 905-752-6789 ext. 124 or by email at chrysalisgroups@Mail.com. We will contact all interested participant to schedule a pre-group telephone interview.

Thank you and we look forward to hearing from you.