TRAIN THE BRAIN: INTRODUCTION TO MINDFULNESS FOR PARENTS & TEACHERS

with Beth Reese, Graduate Student
Supervised by Natasha Prosperi, LCSW, RPT

June 21-July 27, 2023
Wednesdays, 8:00pm-9:00pm
and/or Thursdays, 12:00pm-1:00pm
Live Streaming via Zoom  |  $20/week or $100/6-week series

Do you ever feel like your feelings and thoughts are like a runaway train? Do you ever struggle to keep your cool when your child has lost theirs? Do you tend to react instead of respond?

You're not alone!

- **Learn and practice** research-based mindfulness, movement, and regulation practices to disrupt unhelpful reactions in order to respond with curiosity and kindness
- **Name and tame** emotions and energy levels for yourself and your family or classroom
- **Investigate and integrate** easy-to-implement life-skills and vocabulary into your household or classroom
- **Discover and personalize** techniques and practices toward creating supportive and inclusive environments and experiences for you and your family or students.

FMI and to RSVP: Beth@resilienceplaytherapy.com