

A Wellness Series supporting your
MIND, BODY & SPIRIT

Make 2017 your year to make time for yourself!

I am a Parent...AAACCCKKK!!

If I could only figure out how to actually

Be more present, engaged, intentional and responsive.

- A workshop designed and led by parents to help us forge deeper connections with ourselves and our children. We will explore a variety of techniques that promote:
 - Self-care
 - Parenting
 - Destressing
 - Relaxation
- Conscious, resourceful solutions
- And, strategies to redirect negative dynamics at home.

Friday morning, January 27th
Tuesday morning, February 14th
Wednesday evening, March 22nd
Wednesday morning, April 5th
Wednesday evening, May 10th
Locations to be determined shortly

