



**Make parenting
a more mindful
experience.**

Parenting mindfully means parenting in the present moment, non-judgmentally, without the need to react. Raising a family creates stress that can be reduced with the practice of mindfulness.

**Tuesdays,
6:45 PM**

January 8 &
22, February 12
& 26, March 12 &
26, April 9 & 23 and
May 14 & 28. Open
to all, meets in the Noah
Webster Library Story Room.
Hosted by Laura Price Wilson.

Noah Webster Library | 20 South Main Street | West Hartford, CT 06107 | P. 860-561-6980