



**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**

December 3
& 17, January 7
& 21, February 4
& 18, March 3 & 17.

Open to all, meets in the
Noah Webster Library Story
Room. Hosted by Laura Price
Wilson, Parent Educator.



Parent Educator
LAURA P. WILSON, LPC

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