Mindful Parent Community
Family Wellbeing Program
Mondays, 10:00-11:30 AM online via Zoom
Contact: FamilyWellbeingProgram@gmail.com
Text/Call: (301) 857-2205

*Fundamentals of Mindful Parent Community Classes*

- **Community-Building**: by co-creating a safe, supportive space for self-reflection and interaction
  - Mindful Circle Process: based on Restorative Justice Circles
  - Group Consensus: on norms for interactions within Mindful Circle through investigation of individual and collective values, strengths, and needs of participants

- **Neuroscience and Psychology of Mindfulness, Trauma, and Resilience**

- **Mindfulness Practices**:  
  *To Foster Wisdom, Wellness, and Relief from stress, anxiety, depression, anger*
  - Awareness Practices (for resilience and peace of mind)
  - Self-Reflection Practices (for balance and insight)
  - Mindfulness of Thoughts and Emotions (for clarity)
  - Mindful Listening and Speaking (compassionate communication)
  - Conflict Resolution (through role playing)
  - Compassion Practices (for self and others)
  - Gratitude Practices (for inspiration and upliftment)
  - Mindfulness in Daily Life (within and outside the class)

**Satyani McPherson** is a Mindfulness Mentor who facilitates trainings, retreats, and self-development practices, for individuals and organizations throughout the DC Metro Area and beyond. Satyani’s passion is supporting people to be self-empowered while navigating life and maximizing their potential with conscious awareness.