

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.