

# MINDFUL PARENT/happycalmchild



## FAMILY WORKSHOPS

**HARMONY and BALANCE ARE possible.**

Learn how to begin **INCREASING THE PEACE** at home in this **ONE DAY WORKSHOP!**

Parents and children will be in separate, adjoining rooms. **Kids aged 4-12 welcome!**

**For Parents...** In the [Mindful Parent](#) workshop, you will learn a **Formula for Stress Management** and **8 tools to increase your sense of empowerment as a parent.** This workshop will also help you to:

- Identify **first steps for creating the change you desire** in your family
- **Replace REACTING** with **RESPONDING** through mindfulness
- **Add yourself** back into the equation through emphasizing **self care**

**For Kids...** [happycalmchild](#) teaches children **3 SIMPLE COPING TOOLS** that they can use *on their own* WHEN YOU AREN'T AROUND

- To **Focus** (in school, for tests, at home, in sports, dance or music, etc.)
- To **gain Confidence** and ease **Anxiety**
- To **USE Relaxation to get what they want out of life**

These EFFECTIVE Tools are taught through Games, Creative Movement, BreathWork, Yoga and Core Strength and Imagination Exercises

---

**JOIN US SATURDAY, JANUARY 25th FROM 10AM - 3PM @  
United Church of Christ, 2032 College Way in Forest Grove**

**Cost is \$99 for 1 parent & 1 child; \$35 per additional family member**  
Bring your own healthy lunch & we'll provide snacks & water :)

**happycalmchild Eye Pillows are required** for the children's workshop.  
Workshop attendees can purchase them for **\$12.00** (reg \$14.99).  
Please order when registering.

**Space is limited to 15 adults and 15 children, so reserve your spot today!**

---

Contact Brooke @ [icoachyouwin@gmail.com](mailto:icoachyouwin@gmail.com) or 707-832-2025

Learn about your workshop facilitators, Brooke & Michele @  
[www.icoachyouwin.blogspot.com](http://www.icoachyouwin.blogspot.com) & [www.happycalmchild.com](http://www.happycalmchild.com)