

TMHS presents
A Mindful Parenting Series

With Susie St.Onge and Siri Karam EarthTree

COME FIND OUT

What is Mindfulness?

How does it work...what is happening in the brain?
How can I easily practice this every day to reduce stress?
How can I learn simple tools to parent more peacefully?

Attend one of these Wednesday sessions or all.
In the Bridal Veil Conference Room (at TMHS entrance).

September 27, 5:30 - 6:45

October 25, 11:30 - 12:45

November 29, 8:30 - 9:45 & 5:30 - 6:45

January 31 time TBA

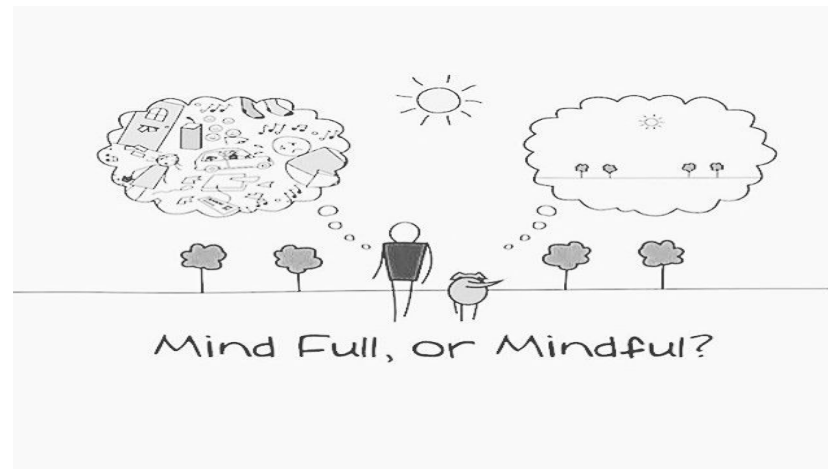
February 28 time TBA

March 28 time TBA

April 25 time TBA

May 30 time TBA

September 27 is coming right up; mark your calendar!



**Parking at the the school is very limited during the school day.
Please plan time to find a spot outside of the school lot.**

For more information contact Susie @ sstonge1@hotmail.com
or Siri Karam @ sirikaram@gmail.com