

TMHS presents
A Mindful Parenting Series

With Susie St.Onge and Siri Karam EarthTree

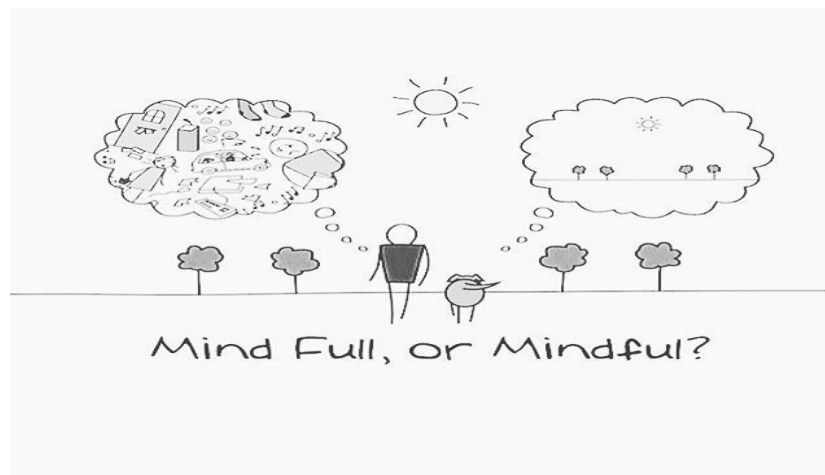
We introduce simple tools to help you focus on what's
really important in your life.

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

January 31, 12 - 1pm
February 28, 12 - 1pm
March 28, 12 - 1pm
April 25, 5:30 - 6:30
May 30, 5:30 - 6:30

This time we'll be exploring thoughts! What do you do with all of the thoughts that keep arising while you are practicing mindfulness? All sessions are for beginners and experienced practitioners alike.

These sessions are free and open to all.



**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
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