

The Mindful Family: creating calm through connection

Tuesdays 6:00- 7:30PM

Two opportunities!
September 11th- October 16th
October 30th- December 4th



Do you want to cut the chaos and create connection in your family? Families today are struggling due to the stress of being “on” all the time. Crazy schedules and too much screen time leave less time for connection and more room for conflict. This unique series is designed for families to learn, practice, and experience the benefits of mindfulness.

Pricing: \$200 (Individual), \$300 (Family)

Agenda:

- 1: Mindfulness 101 and Intro to Neuroscience
2. Development and Transitions within the Family
3. Cultural Influences and Technology
4. Parenting Styles and Attachment
5. Discipline vs Punishment - Goals of Misbehavior
6. Gratitude

Call (864) 534-1224 or email office@giftcounselingcenter.com to sign up.