


The Mindful Parent

Virtual parenting workshop

Join us Monday evenings to connect with other parents as we discuss ways to raise resilient kids. These workshops are for parents or caregivers of children 0-13. This series focuses on knowing yourself as a parent, child development, communication strategies, self-care and parent wellness.

Attend any or all three workshops.



11/28: Knowing yourself as a parent. We will be discussing parenting styles and the impact of stress on the family. Learn ways to connect with your child and build stronger relationships.

12/5: The Whole Brain Child. Learn about child development and skills to effectively listen and respond to your child.

12/12: Who is your village? Develop a self care and support plan to take care of yourself. Learn strategies to cope with stress and get connected with resources in the area.

When: Mondays 11/28, 12/05, 12/12

5 PM-6 PM

Where: Zoom

Cost: Free

Facilitated by Theresa Hioki and
Katie Kozitza

Register Today

Visit or Click <https://tinyurl.com/PSSparenting>
or scan QR code to sign up

Call Theresa Hioki for more info
(530)749-4973

