

# Building Pathways to Healthy Minds

*Workshops for Parents & Caregivers*



## FEELING STRESSED? LEARN MINDFUL PARENTING

Mindfulness helps you to pay attention to the here and now with kindness, openness, and curiosity. Participants will learn to let go of their distracted thinking and refocus their attention on the present in a nonjudgmental way.

Mindfulness helps parents and guardians find a new way to respond to the day-to-day stress of parenting, calm their mind, become less judgmental, and be kinder to themselves and their children. Presented in collaboration with Dr. Ann Friedman and Mindful Being Houston.

**WEDNESDAY**  
**November 13 @ 12-1PM**  
**Online via Zoom - free**

Register at <https://childbuilders.org/LMP>