

Mindful Parenting Practices Workshop

Denny Sanford Children's Library Discovery Corner



Parenting our children can be one of the most rewarding and challenging experiences in our lives. How we experience stress and challenge can affect the types of relationships we are able to develop with our child. With a New Mindful Life instructor, learn how to practice mindfulness and become more skillful, balanced, and purposeful in your life and in your relationships with your children.

- Wednesday, May 23
- Monday, June 4
- Wednesday, June 13
2:00–3:00 PM

Children are welcome



San Diego Central Library
@ Joan A Irwin Jacobs Common
330 Park Blvd, 92101 • 619-236-5800

