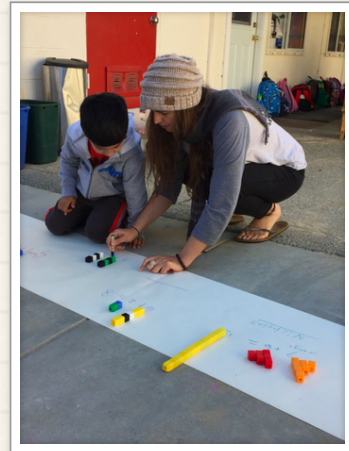


Mindful Parenting Rio Grande School

Facilitated by Alison Matulich

**Time to connect with other
parents and build
relationships in a facilitated
mindful parenting series**



Tuesday February 19th 4:00 pm - 5:00 pm
Kindergarten Classroom Rio Grande School

Creating connection

Consciously nurturing your relationship with your child

Tuesday March 26th 4:00 pm - 5:00 pm

Acceptance - Not trying to fix difficult feelings

Emotional literacy, compassionately expressing feelings and needs

Tuesday April 16th 4:00 pm - 5:00 pm

The power of clarity

Using Clear Language to set expectations and explicitly teach new skills to children

(open to educators and parents)