

A Mindful Place

presents

MindfulWay Parenting

Group classes for parents.
Wednesday evenings from 6:30p to 8:30p
Beginning April 13, 2011

SEATING IS LIMITED. REGISTER TODAY! 303.358.6561

During this time:

- Learn how your **Awareness** of the **Self**, the **Relationship**, and the **Moment** are your most fundamental and effective parenting tools.
 - Practice MindfulWay parenting skills to help you manage challenging parent-child moments with confidence and grace.
 - Leave with simple and effective daily parenting practices that will:
 - improve the way you and your child interact.
 - reduce daily parenting stress.
 - decrease the power struggles in the parent-child relationship.
 - enable you to respond in ways that your child will hear.
 - help your child to learn appropriate behaviors and to build healthy relationships.
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* All classes offered through A Mindful Place are facilitated by Raelynn Maloney, Ph.D. Dr. Maloney is an author, educator, and practicing psychologist. She is Founder and Director of A Mindful Place—a counseling practice that helps parents and children grow with self-awareness and maintain a healthy connection.

**Cost of each class is \$40 person, \$65 couple

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Visit www.amindfulplace.com to register today!