



Stress- Reduction for Parents

Mindful Parenting in a Pandemic

Drop-in class begins
JUNE 16TH
Tuesdays
11am - 11:50am CST
on Zoom

Teachers

Sara Klein, LMFT

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Rachel Jacobs, PhD

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PRACTICE

- Simple and scientific mindfulness practices
- Presence to what is, both joy and stress
- Compassion towards yourself in your role as a parent
- Self-care first, so you can take care of your child
- Moments of calm in the chaos

Contact either teacher to learn more and register
Suggested Donation \$20 per class, 50% of proceeds go to I Grow Chicago