

Mindful Parenting Course

for parents of exceptional kids (autism spectrum/special needs)



When: Saturday October 1st to December 3rd, 2016 - no classes Oct 8th and Nov 12th.

Time: 3:00 to 4:30pm.

Where: Kensington Community Centre, 5175 Dumfries St.

Cost: \$260.00 for 8 weeks - no drop in please.

Sliding-Scale may be available for those who require assistance.

Bring: A blanket, yoga mat, bottle of water, writing materials.

*** Pre-registration with Kensington Community Centre is required.**

In this 8 week course parents will learn mindful parenting - an approach which has been shown to alleviate stress, enhance parent-child attunement, and support parents to more effectively manage their own, and their child's emotions.



About the Facilitator:

Joelle Lazar is a Registered Clinical Counsellor, Yoga Therapist, and mother of a child on the Autism Spectrum. Joelle has practiced Vipassana meditation for many years, and facilitated mindfulness workshops to participants with diverse backgrounds and experience. Joelle maintains a private practice in Vancouver, BC, where she supports individuals, children, couples, and families.

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