



Introduction to Mindfulness

Find us online!



Parenting is the most rewarding job we will ever have, but it's also the hardest. The ability to BE PRESENT is difficult, but with a little understanding and easy practices, it's possible! Learn the basics about mindfulness and how it relates to parenting, the incredible benefits associated, and take away a simple mindful practice you can begin implementing today!

About the Presenter: Robin has her M.S. in Psychology from Avila, a certified Mindfulness Instructor and owns her own business, Mindful Momentum. Her mission is to empower and inspire individuals and organizations to become more effective, efficient, productive and healthy in both their personal and professional lives through simple, easy mindful practices.



**Introduction to Mindfulness
Longview Farm Elementary
1001 SW Longview Park Dr., Lee's Summit
March 12 from 6:30 pm to 7:30 pm**

This class is offered free of charge in partnership with Mindful Momentum. To register online, click [here](#) or visit <http://www.LSCares.org/parenting>.

March 2019 | Mindfulness

***Please register by March 11**

Name: _____ Phone: _____

Mailing or email address: _____

[Register](http://www.LSCares.org/parenting) at <http://www.LSCares.org/parenting>.

If not registering online, please mail completed form to:

ReDiscover c/o Bev Hatley | 1555 NE Rice Rd. | Lee's Summit, MO 64086 (816)-347-3259



This class is approved for continuing education credit for child care providers.

Lee's Summit CARES has offered the Becoming a Love and Logic Parent program for 19 years through a collaborative relationship with ReDiscover and the Lee's Summit R-7 School District. Scholarships are available through funding support from the City of Lee's Summit and Jackson County Outside Agency funds.