

2016
PARENT GROUPS



From Mind Full to Mindful: A Group for Parents

Presented by The Wishing Star Lapointe Developmental Clinic with **Dr. Jill Haydicky, R. Psych.**

Dr. Jill Haydicky

Registered Psychologist #2208



Dr. Jillian Haydicky is a Registered Psychologist who cherishes the opportunity to walk alongside children, teens, and parents in her clinical practice. She is committed to promoting wellness and resilience through the use of family-focused treatments.

Dr. Jill is a certified facilitator of an evidence-based mindfulness program for parents and youth. Her research on mindfulness has been published in peer-reviewed journals, and presented at national and international conferences.

"Why not just live in the moment, especially if it has a good beat?"

- Goldie Hawn, Founder of MindUP

Who, me? Yes, you!

- ✓ Are you the parent of a highly sensitive, intense or challenging child or teen?
- ✓ Do you often find yourself reacting rather than responding?
- ✓ Is something stopping you from parenting the way you'd like to?
- ✓ Do you find the daily hassles of parenting get in the way of simply having fun with your child?

What is mindful parenting?

Parenting can often feel like a juggling act. Balancing the demands of work and home life, coordinating schedules, and dealing with daily hassles can leave little time for joyful connection with our children. In this 8-week program, parents will learn how shifting the emphasis from doing to being has a profound effect on parent-child relationships. We will explore how a mindful approach to parenting moves us from reactive to reflective, and helps us to recognize and respond to the needs of our children.

Through meditation, group exercises, and discussion, parents will gain greater awareness and acceptance of themselves and their children in order to shift from mind full to mindful parenting.

How will mindful parenting help me?

- ✓ Decrease parenting stress
- ✓ Increase confidence in parenting
- ✓ Improve communication within your family
- ✓ Cultivate connectedness with your children
- ✓ Develop healthy emotion regulation skills in parents and children
- ✓ Learn to see it, feel it, and be it for sensitive and intense children

Fees (for 8 sessions): \$525 / person | \$900 / parenting couple

Dates & Times: Thursdays 6pm - 7:30pm | Oct 6th - Dec 1st, 2016



Registration:

Call 778-294-8732 or E-mail us at info@lapointepsychology.com

Location:

The Wishing Star Lapointe Developmental Clinic

128 - 3388 Rosemary Heights Crescent, Surrey, BC V3Z 0K7

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**Seating is
limited!
Book Early!!**