

Mindful Parents: Staying Present in the Dance of Parenting

Sunday | June 28, 2015

2:00 to 4:00 p.m.

Shine in Nulu: <http://shinelouisville.com/contact-us/>

Registration required – 20 person limit

\$20 at the door once registration has been confirmed

Workshop + Q&A

To engage in the dance of parenting is to go in with your whole heart – vulnerable, willing to learn, willing to teach, willing to hold the tension between a profound love and the deep truth of how equally joyful and devastating it can be to fully love another human being. To be a Mindful Parent means to engage with your child on a journey to wholeness; being aware of your mental and emotional patterns and how they impact your ability to **relax, see clearly, and respond effectively to your child's growth and development.** Integrating everyday mindfulness practices into the personal and family routine can create a more peaceful home through the deeper connections cultivated in parents and children.

***Parents who have children of all ages are welcome.

Shelly Sowell, Integrative Wellness Counselor, will facilitate this 2 hour workshop that includes:

- Guided Mindfulness Practice (no experience necessary)
- Foundational Concepts of using Mindfulness in Parenting
- Experiential Practice in Parenting Strategies
- Discussion

Please feel free to call or email if you have any questions: shellysowell@live.com / 502-396-0879

We hope you can join us!



Shelly Sowell, M.Ed., LPCC, works with individuals, families, communities and schools to create meaningful, effective and comprehensive wellness programs. She has worked as a counselor, educator, consultant and mindfulness-based life skills instructor throughout her career, which began in 2004, and has created wellness practices in Miami and Los Angeles. Shelly has consulted with and worked for community agencies, public and private schools, non-profits, colleges and universities, and an eating disorder residential treatment center.

Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee. She holds a license in Professional Clinical Counseling in the state of Kentucky and is a National Certified Counselor. For more information, please visit www.shellysowellwellness.com.