

Parenting



Mindful Parenting

Mindfulness Can Help You and Your Family:

- Develop greater emotional awareness
- Create more effective strategies for relating to difficult situations
- Apply mindfulness training to interactions with others
- Improve health and well-being.

Our Programs

Supporting our children and youth requires a integrated approach that involves both families and educators in supporting well-being. As a parent, you can also support mindfulness initiatives

offered in schools. Mindfulness Everyday provides programs, resources, and support for families and educators.

[Get In Touch](#) with us to find the right program to support you and your family.

- [Programs for Students and Educators Delivered in Educational Settings](#)
- [Workshops for School Councils](#)

Mindful Parenting Workshops

Mindful Parenting Workshops are designed to improve health and well-being, providing essential self-care tools. Parents and Caregivers can achieve immediate benefits for themselves and receive support for implementing mindfulness skills in their family life. Studies have shown that parents and children who have received mindfulness training have reduced stress and anxiety and significantly increased self-compassion and self-awareness.

The experiential workshops provide parents with practical skills and knowledge about mindfulness: what it is, what the benefits are to both parents and children and how it can be practiced. Techniques and resources on practicing mindful awareness within family dynamics will be provided focusing on:

- how parents can support their children through mindful parenting techniques
- how mindfulness can support the well-being of families
- how practicing mindfulness at home can support students in school

The workshops are delivered in educational and community settings. To stay informed of the next workshop, please click below.



Youth Voices