

Parent with Greater Awareness, Compassion & Presence



Join Joree Rosenblatt, MA, LMFT, for an experiential, insightful and engaging workshop designed to provide you with effective tools for parenting kids of any age. Whether parenting with your partner, co-parenting in separate households, or single parenting, discover how cultivating a mindfulness practice will increase your skills resulting in improved relationships with your kids and strengthened family connections.

During this **4-hour** workshop, you will learn how to:

- Practice effective discipline that decreases yelling and frustration
- Generate greater awareness and communication, resulting in fulfilling relationships
- Increase your moment to moment presence, helping you to respond instead of react
- Learn to enjoy and embrace the unexpected challenges of parenting
- Cultivate calm, peace and find the joy amidst the chaos

Location: The Bay Area Mindfulness and Therapy Center • 50 Oak Ct., Suite 105 • Danville

Date & Time: Sunday October 15th; 1:00-5:00pm

Cost: \$199/individual; \$279/couple. Payment required to hold your spot

RSVP: by October 10th – space is very limited!! Email Joree at joree@comcast.net or register at: www.mindfulnessandtherapycenter.com/event. PayPal or credit card accepted



Joree Rosenblatt, founder of the *Bay Area Mindfulness and Therapy Center*, has a Master's in Counseling Psychology and is a Licensed Marriage and Family Therapist. Through her extensive training in mindfulness, Joree guides her clients in the cultivation of a mindfulness practice to help bring them to greater peace, joy, and authenticity, all the while learning tools to live in the present moment to help maintain a stress and anxiety-free life. Joree has created original curriculum for her mindfulness classes and workshops, is a published author and has spoken at many local and national conferences on the implementation and maintenance a mindfulness practice. Joree also works individually and with couples in how to navigate difficult transitions in their lives, parenting struggles, relationship enhancement and divorce support.

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