

Peaceful Parenting from the Inside Out Mini Workshop Series

Thursday nights from 7:30-9:00pm
8120 Woodmont Ave, Suite 205, Bethesda, MD
\$40 each workshop or \$100 for all three

Held in a small group setting, each workshop will be part discussion, part lecture, and part experiential activities. Participating in the discussion/activities is always optional. Come alone or with your co-parent. You will leave each workshop with tools to incorporate into your daily routine as you work toward mind, body, and spirit balance - for you and your family.

October 6th – Peaceful Parenting from the Inside Out - Peaceful Self

Do you often leave you feeling stressed and exhausted at the end of the day? Are there days when you are so busy taking care of other people's needs that there is no time to take care of yourself? In this interactive workshop, we will explore ways in which you might find a sense of inner peace that you can carry into your communication with your partner and with your children. Mindfulness techniques will be introduced and practiced. We will discuss the importance of self care and self-compassion in bringing yourself back to center. The very human emotion of anger will be discussed - both how it can inform peaceful parenting and how it can disrupt it.

November 3rd – Peaceful Parenting from the Inside Out – Peaceful Partners/Co-parents

Do you find that you and your partner/co-parent get in conflicts over parenting issues? That one parent is unintentionally undermining the other? Do you notice your children get stressed when there is tension between you and your spouse? In this session we'll talk about the concept of a Parenting Vision Statement – a way to proactively parent on the same page. We'll practice and discuss some mindfulness techniques/concepts so you can begin your conversations with your partner from a grounded, calmer place. We'll also introduce the Imago Dialogue, a useful tool to talk about potentially contentious topics that helps each parent stay present to the other, with increased empathy and understanding.

December 1st – Peaceful Parenting from the Inside Out – Peaceful Families

Do you feel frazzled by 9am after getting the kids up and out the door? Tired of screaming matches with your toddler or teenager? Are cell phones getting in the way of your family connecting at the dinner table (what dinner table – our schedules are too busy for that!)? In this session we'll talk about things you might do as a family to decrease stress and increase connection among family members. The concept of a family meeting will be discussed as well as age appropriate natural consequences when children do not follow the family expectations. We will also discuss ways in which the Imago Dialogue can be utilized between various family members.

Please contact Cindy Stauffer at cindy@capitalcrescentcounseling.com or 240-305-7620 to register or for more information. Space is limited so please register early.