

Mindfulness Skills for Parents

Division of Child and Adolescent Psychiatry, Stanford Children's Health



For Parents of children/adolescents/adults with a psychiatric condition or learning difference, including **Anxiety, Autism, Attention Deficit Hyperactivity Disorder, Attention Deficit Disorder, Bipolar, Depression, Intellectual Disabilities, Learning Disabilities & other Developmental Disabilities.**

This education program offers instruction in mindfulness practices including meditation and its application for reducing stress and cultivating self-compassion. The program includes didactic presentations, guided mindfulness exercises and time for dialogue and sharing around how mindfulness can address parenting. In between classes participants are instructed to cultivate daily meditation practice as well as applying mindfulness to parenting and other daily activities.

Topics we will be exploring include:

What is mindfulness? How can it help me as a parent? How can we better manage our own difficult emotions as parents? How can we move from coping to living more meaningful lives?

TWO 8-WEEK COURSES OFFERED FALL 2019

MORNING COURSE (Sunnyvale Location): Taught by Mari Kurahashi, MD

Thursday Mornings, 9:30 – 11:30AM

September 5th – October 24th 2019

Plus - Saturday Morning Retreat, 9:00AM – 1:00PM, on October 12th

Stanford Children's Health Specialty Services Building

1195 W. Fremont Ave., Sunnyvale, CA 94087 (First Floor Conference Room)

NOTE: October 12th Morning Retreat is located at Stanford Psychiatry Building

Morning Course Registration: <https://tinyurl.com/MindfulnessAM>

EVENING COURSE (Stanford University Location): Taught by Linda Lotspeich, MD, MEd

Thursday Evenings, 7:00 – 9:00PM

September 5th – October 24th 2019

Plus - Saturday Morning Retreat, 9:00AM – 1:00PM, on October 12th

Stanford Psychiatry Building (Second Floor: Rm 2209)

401 Quarry Rd., Stanford CA 94305

Evening Course Registration: <https://tinyurl.com/MindfulnessPM>

Tuition: \$330

(Scholarships Available)

WEBSITE at <https://med.stanford.edu/autismcenter/EducationandTraining/mindfulness.html>

For questions: E-mail Beth Archibald at earchiba@stanford.edu