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 and quality of life for parents. The program includes didactic presentations, guided meditations 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 WINTER 2020**
Winter Dates to be Announced

MORNING COURSE: Taught by Mari Kurahashi, MD on Thursday Mornings, 9:30 – 11:30AM
Plus - Saturday Morning Retreat, 9:00AM – 1:00PM

EVENING COURSE: Taught by Linda Lotspeich, MD, MEd on Thursday Evenings, 7:00 – 9:00PM
Plus - Saturday Morning Retreat, 9:00AM – 1:00PM

Tuition: $330
(Scholarships Available)
WEBSITE at https://med.stanford.edu/autismcenter.html

Course Location:
Stanford Children's Health Specialty Services Building
1195 W. Fremont Ave., Sunnyvale, CA 94087 (First Floor Conference Room)
NOTE: Saturday Retreat at different location:
Stanford Psychiatry Building (Rm 2209)
401 Quarry Rd., Stanford CA 94305

For questions:
Email Beth Archibald at earchiba@stanford.edu Or call (650) 721-6327