Mindfulness Skills for Parents

For parents of children/adolescents/adults with behavior challenges and/or learning differences

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 dialogue around how mindfulness can address parenting. In between classes, participants are instructed to cultivate a 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 ONLINE COURSES OFFERED Fall 2022

TUESDAY MORNINGS: Taught by Mari Kurahashi, MD
Tuesday Mornings, 9 –10:30AM PST September 20th - November 8th, 2022

THURSDAY EVENINGS: Taught by Linda Lotspeich, MD, MEd
Thursday Evenings, 7:30 – 9:00PM PST September 22nd - November 10th 2022

Tuition: $330 per participant
Scholarships available for those unable to pay the full cost in these challenging times

REGISTER:
Link to register for TUESDAY AM COURSE at: https://app.certain.com/profile/3325723
Link to register for THURSDAY PM COURSE at: https://app.certain.com/profile/3325742

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

For questions:
Please contact Shannon at shopkins@stanford.edu