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 to improve quality of life. 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?

8-WEEK ONLINE COURSE OFFERED: Winter 2023

TUESDAY MORNINGS: Taught by Mari Kurahashi, MD
Tuesdays, 9:00 – 10:30AM PST Jan 24 – March 21 (NO CLASS Feb 21)

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/3346129

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

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