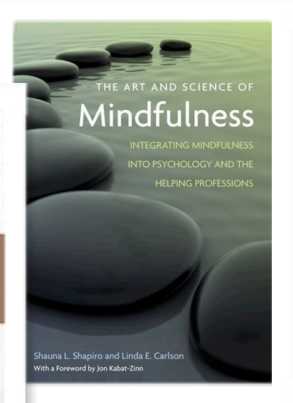
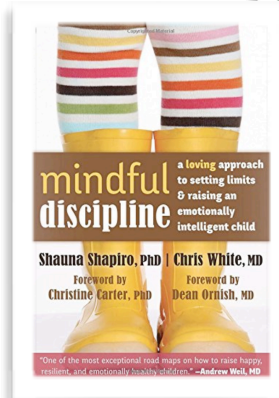


Mindful Parenting



Presenter: Dr. Shauna Shapiro

Tuesday, November 18, 2014

7:00 p.m. - 9:00 p.m.

Los Gatos High School Theatre

*Free for parents of grades K-12
thanks to your generous H&SC donation*

Learn how practicing mindfulness in our daily lives can transform the way we relate to our children.

- She will bring together neuroscience and clinical expertise as she provides practical strategies for being more present, compassionate, and self-aware with your child.*
- She will share the five essential elements necessary for children to thrive, and strategies for developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.*

Shauna Shapiro, PhD, professor at Santa Clara University & clinical psychologist is an internationally recognized expert in mindfulness & a mother. Her clinical work & research focus on the applications of mindfulness to help develop greater health & well being from the individual to the global level. With twenty years of meditation experience - studying in Thailand, Nepal, as well as in the West - Shapiro brings an embodied sense of mindfulness to her scientific work. She has published over one hundred journal articles & chapters & coauthored the critically acclaimed book, "The Art and Science of Mindfulness." Her latest book is: "Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child."

For more information about this or other Parenting Continuum events, please contact Sue Jackson Huesby at suej@hillhouseconstruction.com. For current programs, updates, and resources on parenting, please visit: www.parentingcontinuum.org and follow us on Facebook: <https://www.facebook.com/parentingcontinuum>.