

Mindful Parenting

with Laurie Cousins

Wednesday, January 23rd 6.30^{pm} - 8.30^{pm}

Hosted by Monterey Hills PTA. This is an introduction for parents and caregivers who want to feel more centered, calm and connected. Laurie will provide practical tools and tips on how to bring mindfulness into our daily lives.

**Multipurpose Room
Monterey Hills Elementary School
1624 Via del Rey
South Pasadena CA 91030**

Childcare Available.

Questions? Email Hope Moore & Rebecca How Parent Ed. Co-Chairs:
mhsparented@gmail.com

Laurie Cousins is a mindfulness teacher and integrative mind-body practitioner who trained at UCLA & UCSD. She is the family program advisor at the La Maida Institute in LA and where she has her private practice, she specializes in serving youths and families through programs and private sessions that are rooted in integrative health, science, mindfulness, and resiliency.

www.healingwithmindfulness.com

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