

# Mindful Parenting Class

*Presented by*

**Pepperdine Community Counseling Center, Encino  
Pepperdine University Graduate School of Education and Psychology**



**Date and Time: Tuesday November 27, 2018 @ 8:30-9:30am**

**Location: Parent Center**

**RSVP: [sayuri.olivera@lausd.net](mailto:sayuri.olivera@lausd.net)**

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This one-hour class will provide parents with an introduction to the practice of Mindful Parenting. More often than not, parents can be on "automatic pilot," distracted by anxiety and preoccupied with the stressors of daily life. Mindfulness Parenting emphasizes acceptance, compassion, and living in the present moment as practices that help restore and strengthen the well-being of parents and their children, regardless of external conditions. The presentation will cover basic principles of mindful parenting and include a mindfulness practice.

No prior experience with mindfulness is required. Please RSVP.

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