



"In the moments when we are able to catch ourselves and change course, when we choose to act differently and in a way that is in the best interests of our child, a transformation and a healing take place within ourselves. It becomes a healing moment."

-Myla and Jon Kabat-Zinn

Mindful Parenting

Parenting Support Groups

Small therapy groups now forming.

For expecting parents as well as parents/caregivers of children in the following stages:

- parents/caregivers of children newborn-5 years
 - parents/caregivers of children 6-12 years
 - parents/caregivers of children 13-18 years
- **Gain insight and awareness of yourself as a parent and of your child's emotional experiences.**
 - **Become a "Reflective Parent" by learning to empathize with your child.**
 - **Practice Mindfulness by becoming more attuned to your own self and your child's emotions and needs.**
 - **Understand our own parental expectations and those we hold for our children.**
 - **Value "Emotional Intelligence," as a means to inspire a child's resilience.**

Groups facilitated by Deborah Gellert, Licensed Mental Health Counselor, Child Mental Health Specialist. Please call for additional information: 379-4857.

Mindful Counseling

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