

# Balanced Parenting

## Stress Reduction for Parents and Families

Develop practical and accessible skills that will help you ...

- ✓ Minimize the effects of daily stress on you and your children
- ✓ Feel calmer and less reactive in the midst of everyday challenges
- ✓ Problem solve more effectively and flexibly – discover new solutions to old problems
- ✓ Develop a sense of well-being and balance in your home

Stress is inevitable, but unmanaged stress can take over our lives. Dedicating the time to take care of yourself as a parent through building your stress management skills profoundly benefits your family. Mindfulness is an evidence-based technique that facilitates overall well-being, cognitive flexibility, and communication skills, and is a proactive way to address the effects of stress on yourself and your children.

By learning to manage life's challenges differently, parents respond in new and more effective ways. This six-week course serves as an introduction to simple practices for parents, including mindfulness meditation, that help lower stress. It is the prerequisite for a follow up series guiding parents in teaching mindfulness to children.

### When:

11/07/11 - 12/12/11  
Monday nights, 7 - 9 p.m.

### Location:

106 Washington Ave. #5  
Pleasantville, NY 10570

To register: Cost: \$275 until 09/01/11  
914-841-2302 \$325 after 09/01/11  
classinfo@mindspring.com \$475 per couple

### Facilitator:

Dr. Mark Bertin is a board certified developmental behavioral pediatrician and author of 'The Family ADHD Solution.' He trained at the UCLA School of Medicine, Oakland Children's Hospital and at the Albert Einstein School of Medicine.

Find more at:

[www.developmentaldoctor.com](http://www.developmentaldoctor.com)

*A research-based program modeled after the  
Mindfulness Based Stress Reduction Program at the  
University of Massachusetts Medical School*