

A Roadmap for Wellness and Anxiety Relief for Ourselves and Our Children

6:30-7:30 p.m. Thursday, October 18, 2018

Childcare available by request (email kristinm@allsaintswp.com)

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With the “overwhelm” of information, social media, and our busy lives, we may be feeling disconnected and our children may need to learn simple ways to self-regulate and settle themselves.

My presentation will introduce and define concepts such as parental attunement, attachment and trauma with its implications to ourselves and our children.

With this foundation we will explore how anxiety presents in children and how we can assist in practical ways. Mindfulness activities will be discussed as a way of assisting with anxiety.

Experiential activities and resources will be provided to begin to integrate some of these practices into our lives.

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