

Parents Mindfulness Evening

Curious to know what mindfulness is all about?

Whether you are new to mindfulness or looking to refresh your own practice, come join us!

Wednesday March 13, 7-8:30pm

Peace Room, 2nd Floor

Lafayette Elementary

5701 Broad Branch Rd NW



Your children may have told you about Peace Class, the time each week in which they learn mindfulness practices as the foundation for social and emotional skills. Now it's your turn!

Hear from a few parents and former Peace of Mind students about how mindfulness has helped them.

Join in a few mindfulness practices for yourself and learn exercises to do with your kids.

Peace Teacher Linda Ryden will join us to help answer the questions you always wanted to ask about mindfulness.

Please RSVP to Info@TeachPeaceofMind.org

Snacks will be provided.

Hosted by the Peace of Mind Parent Advisory Team