



A FREE CAPS PARENTING EDUCATION CLASS

How to Make it Calmly Through the Holidays

Mindfulness & Relaxation

The only thing we can control in our lives is how we react to things. Your kids are unpredictable, but the way you react to their behavior, internally, is what you can control. That's what mindfulness is all about.

Mindfulness will help you cope with your daily life in a peaceful, powerful way. If you lay a strong foundation of trust within yourself, you can get through anything that may come your way.

REGISTER HERE

or visit capsosalina.org to learn more

zoom

Thursdays, Noon-1:00 pm

Dec. 2 and 9

LUNCH & LEARN: Parents are welcome to eat their lunch during the class, if they choose

Join Megan to learn about four categories of mindfulness in two sessions:

- Gratitude
- Self-Regulation
- Self-Compassion
- Decompression

In these sessions, you will learn how to not only survive your day, but thrive in it. With these tools, you will be able to peacefully maneuver through the chaos of your life.



Megan Coberly, MS
EDUCATION DIRECTOR
SALINA COMMUNITY THEATRE



CHILD ADVOCACY & PARENTING SERVICES, INC.

Contact us at 785-825-4493 or visit our website at capsosalina.org to learn more about CAPS programming.

