

SUPPORTING SOCIAL CHALLENGES FOR K-5 YOUTH: A Mindful Parenting Approach

TUESDAY, MAY 23, 2023

6:30-7:30PM

VIRTUAL VIA ZOOM



Ashland's Decisions at Every Turn Coalition invites parents and caregivers of elementary-age youth to join this virtual program about supporting youth to more effectively manage their big emotions and impulses and build friendships. Linda will address how to help youth to handle common experiences, such as losing, taking turns, and waiting in line. There will be plenty of time for your questions.

QUESTIONS: KRISTIN.FRENCH@ASHLANDDECISIONS.ORG



Linda Price, M.Ed.
Therapist

PROGRAM

Therapist Linda Price from Minding Your Mind often presents about mindful parenting, a practice that emphasizes keeping your cool and staying connected to the children in your life. She uses a trauma-informed SEL framework to help youth and caring adults navigate difficult emotions and improve their connection through mindful presence.

REGISTRATION LINK:

<https://bit.ly/mindfulparentingDAET>

