



PASSIONIST

EARTH & SPIRIT CENTER

1924 Newburg Road • Louisville, KY 40205 • 502.452.2749 • www.earthandspiritcenter.org

MINDFUL PARENTING COURSE

Peaceful Solutions for Parents and Kids

DATE: Wednesday, February 9, 7:00 p.m.



This four-week course focuses on parent-child awareness, providing tools for parents to recognize their own needs, the needs of their children, and how best to manage both of these. Participants will learn mindfulness techniques to better recognize the dynamics underlying their parent-child interactions. Participants will practice meditation as a tool for releasing tension, stress, and managing negative thoughts and emotions. [CLICK HERE TO REGISTER](#)

FREE WORKSHOP

LEARN TO MEDITATE

DATE: THURSDAY, JANUARY 6
TIME: 11:00a OR 7:00p



Why are CEOs, attorneys, healthcare professionals, counselors, educators, and the military starting to pay attention to mindfulness meditation? Why has this ancient spiritual practice suddenly become so popular? Come to this free 60-minute class to see if mindfulness meditation might be for you. Bring a friend! Free but [CLICK HERE TO REGISTER.](#)



FREE WORKSHOP

MINDFUL FAMILIES

DATE: THURSDAY, DEC 16
TIME: 7:00PM



As parents, we can use this wisdom and this science to create environments where our children grow and thrive. In this workshop we will explore the science of stress, resilience, and mindfulness as it applies to cultivating experiences and environments that support the wellbeing of our children. Free but registration is required. [Click here](#)



MINDFUL PARENTING WORKSHOP

DATE: THURSDAY, DEC 16
TIME: 7:00PM

This four-week course focuses on parent-child awareness, providing tools for parents to recognize their own needs, the needs of their children, and how best to manage both of these. The parents gain knowledge of children's mental, emotional, and relational development, learn about their own stage of life and how this differs from that of their children. [Click here](#)