

Mindfulness, Parenting and the Brain

a workshop lead by Dr. Daniel Siegel & Ms. Diana Winston (UCLA),

Are you a parent, mental health professional, educator, or interested caregiver wondering how to bring mindfulness into a parenting relationship?

This will be a half day of explorations into the challenges and opportunities of being present as a parent. Mindfulness enables us to be aware of what is happening in the present moment without becoming swept up in prior expectations or lost in judgments. Through experiential exercises and conceptual presentations, Diana and Dan will offer a rich immersion into parenting and relating that will foster new ways to bring mindfulness into your life

Saturday, January 31st

9:00am - 1:00pm

UCLA Neuroscience Research Bldg
\$75

\$50, seniors, students, UCLA staff
CEUs (CME/BBS), additional \$25

**cost includes a copy of Dr. Siegel's
book: "Parenting from the Inside Out"*



About the instructors:

Ms. Diana Winston, Director of Mindfulness Education, UCLA MARC.

Dr. Daniel Siegel, Author, renowned child psychiatrist and educator.



Contact us www.marc.ucla.edu 310.206.7503 marcinfo@ucla.edu

Mindful Awareness Practices (MAPs) has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and wellness. *This is an educational program, not a clinical treatment.*

Sponsored by:

Mindful Awareness Research Center (MARC)
Cousins Center for Psychoneuroimmunology (PNI) Collaborative Centers for Integrative Medicine (CCIM)