Mindful Parenting

Are you feeling overwhelmed, stressed, or exhausted as a parent? Do you find yourself reacting to tantrums, homework battles, and other challenging behaviors in ways that you later regret – even though you know better? Does slowing down and enjoying the moment seem like a thing of the past?

If you answered yes to any of the above questions, we have the tools to help.

Mindful Parenting is an innovative program that integrates positive parenting strategies with simple mindfulness practices to help parents manage stress and parent more effectively.

As professionals working in the field of child development and family therapy, we have found (and research has shown) that even when parents have learned more effective parenting strategies, they automatically default to less desirable methods when frustrated or under stress. This is where the development of mindfulness skills comes in.

A growing body of evidence over the past 20 years has linked training in mindfulness with reductions in stress, anxiety, and depression among a myriad of other benefits.

The ability to self-regulate and have compassion for our own struggles is what we feel is missing in many parenting classes offered today. In fact, research has demonstrated that when parents learn to incorporate mindfulness and self-compassion practices into their daily life, negative behaviors in children are also reduced.

Mondays: 1/22, 1/29, 2/5, 2/12, 2/26, 3/5
6:00-7:30 pm

At UCI Susan Samueli Center Clinic
1202 Bristol Street, Suite 200, Costa Mesa, CA 92626

Cost: $280

https://www.sscim.uci.edu/register/

Mindful Families of Orange County

Susan Halim, MA, MS, LMFT
MINDFUL PARENTING INSTRUCTOR

Sapna B. Chopra, PhD
MINDFUL PARENTING INSTRUCTOR

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Mindful Parenting Instructor Bios

About Susan Halim
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Susan is a mother of two and a therapist in private practice specializing in maternal, child, adolescent and family therapy. Her extensive clinical experience includes working as an elementary school counselor, parent educator, and perinatal (pregnancy & postpartum) community mental health specialist. Susan has adapted her training in attachment and positive parenting therapies, child & adolescent development, and mindfulness-based stress reduction (MBSR) to develop mindfulness classes for children and adults throughout Southern California. Holding a second master’s degree in intercultural communication with a former career as a college-level advisor to international students & scholars, Susan is also skilled at helping families navigate cultural and transitional issues that may arise. Her greatest passion is to support the self-care of parents and children at every stage of their journey.

About Sapna Chopra
sapna0513@gmail.com

Sapna is a psychologist and lecturer in the counseling department at California State University Fullerton. For the past 17 years, she has been teaching and training Masters level therapists. Her Human Development class emphasizes the development of empathy, compassion, gratitude, and mindfulness throughout the lifespan and includes strategies for cultivating these qualities in children. In addition, she teaches courses on cultural diversity and social justice, research, and practicum. Sapna integrates her training in psychology, human development, and mindfulness-based stress reduction (MBSR), as she offers mindfulness workshops and classes throughout Orange and Los Angeles counties. Her work on parenting in Asian American families has been published in a textbook and online parenting guide for families. She is also a mom of a 14 year old son and a 10 year old daughter. She enjoys working with parents on their journey to find more connection, presence, and joy in their relationships with their children.