Mindful Parenting Workshop  
Sunday, September 9, 2018  
10:00 am to 12:30 pm

Overview

Many parents find themselves feeling stressed and overwhelmed. During moments of stress, parents often automatically default to less desirable ways of reacting to their children. In this way, our own reaction to stress and frustration has a ripple effect on our children. This is where cultivating mindfulness skills can help. This workshop presentation will introduce practices that help parents regulate their own emotions during challenging moments with their children. Participants will learn tools that will help them pause before reacting out of anger and instead respond in ways that bring more compassion and connection in their interactions with their children.

If you would like to learn new parenting techniques, nurture the self, and put the joy back into parenting, come join us in a supportive environment to learn how to parent more mindfully.

Instructors: Sapna Chopra, PhD & Susan Halim, MA, MS, LMFT

Location: UCI Continuing Education Building, Yosemite Rooms A&B

Cost: $40

For more information and registration please email Sapna Chopra at sapna0513@gmail.com or Susy Halim at susyhalim@gmail.com.

About Susan Halim

Susan is a mother of two and a psychotherapist in private practice specializing in parenting, maternal wellness, and child & adolescent mental health. Her extensive clinical experience includes having worked as a school counselor, therapist to families in community mental health agencies, and lead facilitator for the Los Angeles-based Well Baby Center's mindful pregnancy, postpartum, and early parenting groups. Holding a second master’s degree in intercultural communication with a former career as a college-level advisor to UC San Francisco's international community, Susan is also skilled at helping families navigate cultural and transitional issues that may arise. Susan's training in mindfulness-based stress reduction (MBSR), attachment and positive parenting principles, and social-emotional/mindfulness skills for children has inspired her passion for teaching mindfulness workshops and classes throughout southern California.

About Sapna Chopra

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.