



\$40

MINDFUL DISCIPLINE

How parents of children of all
ages can set limits with love
and mindful presence.

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

Sunday, January 27
10am - 12:30pm

Susan Samueli Institute Clinic
1202 Bristol St, Suite 200
Costa Mesa, CA 92626

For more information or to register,
visit www.sscim.uci.edu or call
949-355-5513



Susan Samueli | Integrative
Health Institute

Do you find yourself reacting to tantrums, talking back, engaging in homework battles, and displaying other behaviors that you later regret? Are you looking for ways to effectively guide your children and set appropriate limits that support your relationship, values, and your child's long-term growth? Join us in a supportive and relaxing environment to learn how to:

- Maintain calm during stressful parenting moments
- Set limits with confidence, consistency, and compassion
- Use the parent-child bond to inspire cooperation and positive behavior
- View unwanted behavior as a communication and skill-building opportunity
- Make space for imperfection and repair

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.

To register, [link here](#).