



AN EVENING WORKSHOP

# CREATIVE MINDFULNESS

FOR PARENTS AND TEENS

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**TUESDAY, AUGUST 13 | 5:00-8:00 PM**

STROUM JEWISH COMMUNITY CENTER  
3801 E MERCER WAY, MERCER ISLAND, WA 98040  
\$95 FOR EACH PARENT-TEEN PAIR

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Connect with your teen in a cozy and comfortable space for conversation and connection. Explore creative approaches to Mindfulness-Based Stress Reduction while developing compassion for your teen—and yourself. We will touch on neuroscience and experience new ways to see each other. With writing, art, and dialogue, we'll create a clearing for our concerns, and discover new tools to bring the practice home.

CONTACT US: DEB GROVER AT [DEB@COMMUNITYOFMINDFULPARENTING.COM](mailto:DEB@COMMUNITYOFMINDFULPARENTING.COM)  
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