

➡ Are you raising children under the age of 6?
Do you want to meet other parents to socialize and share experiences of raising young children?

Join Jillian and other parents in a friendly casual setting to talk about healthy attachment, how to deal with difficult situations and fun ways to connect with your child. Get suggestions for mindfulness exercises and fun ways to help your child listen and learn.

Each session will include a specific topic, time to share, and exercises with reflection and discussion. Topics to be covered include:

- What is mindfulness / Present moment awareness
- Understanding stress
- Balancing needs / Self-care
 - The power of the breath
 - Understanding emotions / Co-regulation
 - Keeping calm in the chaos

This group is best for parents with children ages birth to 6 years.

For more information,
please call 530.926.1400.

Mindful Mondays ~ 2021

November 8th
November 22nd
December 13th

* In-person session will follow
CDC COVID-safety guidelines.

MINDFUL *Mondays*

Parents Social and Support Gathering
2nd and 4th Monday each month
10:30 -11:30am

with

Jillian Delabar-Galarsa

Join us in person at
Happy Home Yoga and Dance
204 West Lake Street, Suite F, Mt. Shasta

---- or join us virtually!

A Zoom link will be sent to all registrants. Pre-registration is required.

Register online at:

<https://www.surveymonkey.com/r/REG-MindfulMonday2021>

or by phone, call 530.598.3905

Jillian Delabar-Galarsa, PMH-C, is a certified Trauma-Informed Children and Teens Yoga Educator with Yoga Ed and a Licensed Zumbini Instructor. She has earned a Bachelor of Science in Psychology and is certified as a Facilitator in Mindfulness through Mindfulness Educators. Jillian is a Perinatal Mental Health Specialist with Postpartum Support International and serves as area coordinator for Shasta, Siskiyou, and Jackson Counties. In addition, she is an Attachment Vitamins© Parenting Group Facilitator and offers bi-weekly Mindful Mondays, a mindful support group for parents.

Thank you to these organizations for funding this special gathering.

