



## MINDFUL AND COMPASSIONATE PARENTING: CULTIVATING COMPASSION FOR OURSELVES AND OUR CHILDREN

WORKSHOP CODE: SELS115

### PRESENTER/FACILITATOR/S:

Lorraine M. Hobbs, M.S., CHom., is a senior MBSR (Mindfulness-Based Stress Reduction) teacher at the UCSD Center for Mindfulness. She has served as clinical director of in-patient and residential treatment programs, where she worked extensively with teens and their families. Her interest in integrative medicine and in the growing research on the consequences of stress and the executive function of the brain in children/teens inspired her to create a six week Mindfulness/Stress Reduction training program for Teens at the UCSD Center for Mindfulness. Her interest in reaching a larger population of teens and pre-teens led to the implementation of an eight-week mindfulness based curriculum in schools. In addition, Lorraine developed a Mindful Parenting program, which supports parents in developing a greater capacity to parent with compassion and presence. She is a certified Iyengar yoga teacher and Homeopathic practitioner.

- Date:** Wednesday, October 5, 2016  
**Time:** 8:30 – 11:30 am  
**Location:** North County Regional Education Center  
255 Pico Avenue, San Marcos, CA 92069  
**Cost:** No cost for parents/guardians/family members with children attending NCCSE member districts\*  
**Audience:** Special and general education staff, parents

This workshop teaches parents and caregivers the art of being fully present with a child with kindness, consideration and compassion.

Benefits of Mindful & Compassionate Parenting:

- A deeper awareness of your own stress reactions  
An increased ability to respond more skillfully to the unplanned and stressful moments with your child  
Learning to listen with kindness and attention to yourself and your child  
Learning to problem-solve with your child with patience and wisdom  
Increasing your child's emotional strength and well-being  
Improving your child's capacity to respond with kindness to others  
Creating healthier and more productive relationships between family members

Participants will learn:

- Methods for redirecting the attention of a child in the midst of a tantrum  
Methods & practices for cultivating emotional resilience & reducing stress reactivity  
The construction of the adolescent brain during this period of life and its role in preparing a teen for life

Childcare not provided.

## Registration

Participants in NCCSE member districts\* register online at [www.nccse.org](http://www.nccse.org) or fill all the fields in the form below and fax it to 760.471.2008

Parent's Name

Student's School

Student's District

Parent's Email

Phone

Address

☐ Yes please keep me updated about future events/workshops offered for parents by NCCSE.

### NON-NCCSE participants, please mail this form to:

North Coastal Consortium for Special Education/SDCOE, 255 Pico Avenue  
Ste, 101/Room 220, San Marcos, CA 92069

### Questions?

For more information contact Lisa Houghtelin, Parent Liaison at [lhoughtelin@sdcoe.net](mailto:lhoughtelin@sdcoe.net) or 760-761-5120.

Childcare is not available.

Participants may be photographed for use in promotional and/or news materials.

\* Workshop is FREE for parents/guardians/family members with children attending the following districts: Bonsall Unified, Cardiff, Carlsbad Unified, Del Mar Union, Encinitas Union, Fallbrook Union Elementary, Fallbrook Union High, Oceanside Unified, San Dieguito Union High, San Marcos Unified, Solana Beach, Rancho Santa Fe, Vallecitos, and Vista Unified.