

MINDFUL PARENTING

Free online support group for
moms, dads and loving caregivers

Develop skills
for
positive
parenting



Practice
mindfulness
techniques

Talk with a Parent Educator
and other parents from the
comfort of your home

THURSDAYS, BEGINNING
JUNE 4–JUNE 24, 2020

4:00–5:00 PM

REGISTRATION LINK:

<http://bit.ly/mindfulsupportgroup>

For more information, contact Ashley Yokota at
503 390-5637 ext.3036