



GROUP OFFERING AT GROVE

MINDFULNESS FOR PARENTS

THURSDAYS 9:30 - 10:30AM
MAY 16 - JUNE 6
\$80 FOR THE 4-WEEK SERIES

Take a weekly breather from the busy-ness of family life. Make a little room for the arising of fresh insight into what is (and isn't) essential. Learn how you can offer yourself and your loved ones the most precious gift of all: your true, full presence.

Group Facilitator

Barbara Newell taught mindfulness and meditation around the world with Zen Master Thich Nhat Hanh from 2003 - 2015. Since 2016 she has been training students individually and in online courses led by renowned meditation teacher and psychologist Tara Brach.

VISIT GROVEEMOTIONALHEALTH.COM FOR MORE INFORMATION + TO REGISTER.
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