



LONGFELLOW PTA & LONG BEACH COUNCIL PTA PRESENT A COMMUNITY BUILDING WORKSHOP:



TOOLS FOR RESILIENT PARENTING IN AN EVER-CHANGING WORLD

ABOUT THIS WORKSHOP

Every parent is an advocate. Caregiving and advocacy require loving presence, patience, support – things we can't easily give when struggling. We will focus on building awareness and responsiveness within ourselves through mindfulness so that we can practice within our families and communities.

TUES, APRIL 12
6 - 7 PM
VIRTUAL

OUR SPEAKERS



MELISSA HITT

Health Educator,
Mindfulness Teacher,
Embodiment Coach,
Longfellow Parent.



JULIET HWANG

Meditation Teacher,
Pediatrician, Certified
Facilitator of *The Resilience Toolkit*.
Longfellow Parent.

Limited space available.

Register now!

