



# Finding Center

mindfulness practices for dealing with stress -

for ANCS, Toomer Elementary, and Wesley International Academy Parents

**Kelly Richards has been a teacher for 43 years, most recently of 7-9 year olds at Paideia School. She has taught mindfulness in her classroom for the past 4 years and now leads workshops for parents, children, and teachers.**



We became a partner or a parent for good reasons. Every one of us wants to be loving, kind, fair.... a calm arbiter, a supportive spouse, a good role-model or friend, but stress gets in the way. We get hurried, anxious, frustrated, resentful. We react too fast and regret our decisions, or feel stuck between competing and equally important demands on our time and inner resources. Sometimes we are just too tired and busy to listen to our spouse or child or inner self.

Closely aligned with the principles of Conscious Discipline, this workshop will offer scientifically proven, simple practices you can use to bring more balance and peacefulness into your everyday life, focusing on the only person you CAN change - yourself. My goal is to give you the tools to take care of yourself so that you can take better care of the people you love. You really do have to put on your own oxygen mask first.

Tuesday, October 28th    7-8:30 pm    \$5 suggested donation

ANCS, Elementary Campus - 688 Grant St, Atlanta GA 30315

