

Coming soon!

Mindfulness Series for Parents

Join us for a **FREE** 4-part series for parents.
Thursdays: 10/13, 10/20, 11/3 & 11/10

6:30 p.m. - 8:00 p.m.

Location: TBD (To Be Determined)



Greater New Paltz Community Partnership (GNPCP) is proud to partner with Keri Zurlini to provide this **FREE** mindfulness series for parents residing within the New Paltz School District.

Mindfulness Series for Parents: Cultivating your overall well-being and the well-being of your family.

- ◆ Explore the questions, “What is Mindfulness?” and “Why mindfulness?”
- ◆ Learn about basic brain functioning in relation to supporting more balance in your life, and to gain a better understanding of your child’s behaviors.
- ◆ Cultivate awareness, attention and presence, rather than functioning on autopilot.
- ◆ Support stress management and stress reduction
- ◆ Foster healthy relationships at home and at work.
- ◆ Learn and practice mindfulness techniques that can be integrated into your everyday



Mindfulness Instructor: Keri Zurlini, MS Ed.

Keri Zurlini is a local parent of children attending New Paltz schools. She has been trained in various mindfulness techniques through the Omega and Garrison Institutes, Mindful Schools, and Little Flower Yoga. She has had a personal practice of mindfulness for over ten years. Keri is currently an elementary school teacher in Westchester County and has been facilitating mindfulness workshops for parents, teachers and students over the past several years.

Seating is limited. Please RSVP at GNPCP.org, or call (845) 419-3678.

