

# Mindful and Reflective Parenting™

Wednesdays, January 25 - March 21, 2012 (8 sessions)

*\*No class on March 7*

5:30 pm - 7:00 pm

\$160 or

\$225 per couple

## Children's Alley

YWCA of Boulder County

2222 14th Street • Boulder, CO 80302

Mindful and Reflective Parenting provides parents with new tools and techniques. In this program you will learn skills to:

- Develop mindful awareness
- Regulate emotion and better manage stress
- Deepen your connection with your child
- Promote more cooperative behavior by enhancing your child's sense of safety and security



While most parent education programs teach strategies for managing challenging behavior, the Mindful and Reflective Parenting program focuses less on what parents can do and more on **skillful ways of understanding and responding to children**. Developed to benefit all families, this **relationship-building program** may be particularly helpful for parents of children with special needs, such as children with anxiety, ADHD, bi-polar disorder, self-harming behavior, or attachment issues.

To learn more, visit [www.mindfulandreflectiveparenting.com](http://www.mindfulandreflectiveparenting.com).

## Reservations

Class is \$160 (\$225/couple) and advanced registration is required. A light dinner will be provided. Scholarship assistance is available. Call the YWCA at (303) 443-0419 or [frontdesk@ywcaboulder.org](mailto:frontdesk@ywcaboulder.org).

## Need Childcare?

We offer on-site childcare at our licensed Children's Alley center, which includes dinner. Call (303) 449-1951 for fees and further details.

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The YWCA is offering this class through a collaborative project with BIPR (the Boulder Institute for Psychotherapy and Research)

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[www.ywcaboulder.org](http://www.ywcaboulder.org)

## Meet Class Instructor Cara Luneau, MA, LPC

As a psychotherapist, Cara Luneau, MA, LPC provided treatment to children and families for child protective services in Boulder County, Colorado from 1989 until 2010.

Concerned that traditional parent training was not addressing the root of the problem for many families, Cara developed and started teaching the Mindful and Reflective Parenting program in 2008.

Cara's background includes graduate training in buddhist and western psychology. She serves as adjunct faculty in Naropa University's Contemplative Psychotherapy program. In addition to her work in child welfare, Cara has provided consultation and training in clinical applications of mindfulness to mental health professionals in both the United States and France since 2003.

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90 years of You, Women, Children, All of us