

Children's Mindfulness & Bible Story Playtime



Parents—Are you looking for a way to deepen your child's spiritual experience of your Christian tradition?

Join Beloved Families & Children at one of our local libraries to engage in mindfulness and Bible storytelling.

- Practice self-calming and focus through child-friendly mindfulness exercises
- Deepen family connection through shared wondering about the sacred texts
- Expand imagination through mindful story play
- Grow confidence with take-home kit for family-based practice

Poway Library

Sundays:

March 10, March 17, March 24

3:00 - 4:00 pm

Carmel Mountain Ranch Library

Wednesday, March 13

3:30 - 4:30 pm



Presented by Beloved Family & Children's Ministries - a team of experts in early childhood education, compassion practice, and spiritual formation from **Beloved Christian Church of San Diego (Disciples of Christ)**.



 Beloved San Diego

 www.belovedsandiego.org