

Parent-Child Mindfulness Practice



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

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

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

Carmel Mountain Ranch Library

12095 World Trade Drive, San Diego, CA 92128

Wednesday, May 8

3:30-4:30 pm

Wednesday, May 22

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)**.

