



Cultivating Mindfulness, Resilience & Wellness

Tues, Dec 3rd, 2019
9:15 – 11:15a
14603 E Fremont Ave
Centennial, CO

(No evening presentation this month.)



As a parent, how often do you take time to set goals for the day? How easily do you bounce back from a hard day at home or at work? Do you feel that as your kids get older it's harder to connect with them?

By learning to **listen, relate, and celebrate** the good in yourself and others, parents can experience a shift in their personal and parenting abilities, and also help their children thrive and grow in more ways than they can imagine.

Parents will learn...



- Daily reflection and self-care practices
- Practical tools to help you stay focused, centered and rooted in your passion
- Ways to gain perspective in challenging times
- Mindfulness practices that can help us thrive



About our speaker

Kami Gaurino is an educational leadership consultant and founder of The Excellence Team. She provides professional development, collaborative workshops, speaking engagements and coaching for educators, including Resiliency 101, an online course. Kami helps individuals self-reflect and dig deep so they can show up every day re-centered, re-ignited and re-energized to create a climate and culture that thrives for themselves and their kids.



Parents, educators, and community members are welcome and encouraged to attend PIN's **FREE** presentations. No need to RSVP—just come!

Upcoming Events - Mark Your Calendar!

- **Jan 14 (evening only)** – *Overwhelmed? Stressed out? How to Make Stress Work for You* with **Alex Yannacone** of the CU Johnson Depression Center.