



**Monday, January 14, 2019  
7:00-9:00 PM  
Edina Performing Arts Center  
Free!**

## **Managing Stress: Mindfulness Skills for Families** **Kevin Harrington, Ph.D**

Kevin Harrington, Ph.D is a licensed psychologist who works in a private practice in Bloomington, MN. Kevin has extensive experience in mind-body medicine. This approach helps people identify unhealthy patterns in their physical, cognitive, and emotional health. Mind-body skills training has been helpful to families in developing and strengthening core skills in restoring mind, body, and heart balance. Kevin will be speaking on the following:

- How to build a resilient family with mindfulness skills to manage mood, anxiety, and daily stresses.
- Strategies to help increase each family member's confidence, motivation, and performance.
- Develop skills for family members to manage emotions effectively.
- Help family relationships by developing strategies to resolve conflicts in a healthy manner.
- Advise on how "to be on the same page" in parenting.

[www.edinapcn.com](http://www.edinapcn.com)

Edina Parent Communication Network, created in 1998 with a goal to support parents and educators to build stronger families and a stronger community.

\*CEU are available for \$20\*