



**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

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