



# Welcome to SIMPLY BEE CLASSROOM For Parents

## LIVING IN THE GRAY: HOW TO MINDFULLY PARENT DURING COVID-19

COVID-19 has brought about a lot of uncertainty in life. Not knowing what's going to happen from one day to the next can lead to anxious feelings for many, especially parents. Learning acceptance strategies to cope with uncertainty and feel more in control of the moments will allow you to handle all of the "I don't knows" of the future. Our mission with this workshop is to help parents learn mindfulness techniques and experience positive psychology interventions that are designed to change the mind from negative to positive thought patterns.

### Technique

MINDFUL MINUTES

MINDFUL WORDS

MINDFUL UNCERTAINTY

### Outcomes

LEARN HOW TO MAKE "I CAN" STATEMENTS

LEARN HOW TO MODEL LANGUAGE THAT INFORMS THOUGHTS & FEELINGS

LEARN HOW TO CREATE SAFETY IN SAYING, "I DON'T KNOW"



AUDREY GRUNST,  
THERAPIST

Audrey Grunst is the founder and owner of Simply Bee Counseling, a licensed therapist, mental performance coach, executive coach and podcast host, to name a few. She coaches people every day to improve their mental health, performance and mindset.

### PRICING

\$300 PER HOUR

NOW MORE THAN EVER, PARENTS NEED YOUR SUPPORT.



Call us to book for your school

(224) 208-8687

Check out our website to learn more! 

[WWW.SIMPLYBEECOUNSELING.NET/SIMPLYBEECLASSROOM](http://WWW.SIMPLYBEECOUNSELING.NET/SIMPLYBEECLASSROOM)