



TEMPLE  
ISRAEL  
CENTER

NURSERY SCHOOL

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# BABIES & BAGELS

Connect with other parents of young babies  
while learning from the experts.

**This month's experts are:  
Jessica Brown & Diana Scharf  
TOPSY TURVY YOGI**



## RAISING A CALM CHILD

**Creative Play in a Mindful Way  
TUESDAY, JANUARY 15, 2019  
9:15-10:30AM**

Mindfulness is important and beneficial at any age! Jessica Brown and Diana Scharf from Topsy Turvy Yogi will explore various techniques you can use with your babies and toddlers to incorporate mindfulness and sensory experiences into their daily play. We will also discuss mindful techniques for parents to help them calmly approach the stresses and demands of raising children. Join us for coffee, bagels and conversation.

This is a FREE event. All are welcome.

**For more information and to RSVP, please contact Nursery School Director, Patty Goldstick at  
(914) 948-2800 or at [p.goldstick@templeisraelcenter.org](mailto:p.goldstick@templeisraelcenter.org)**

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