

# The Peaceful Parent Project

Heilicher is partnering with Orot's Peaceful Parent Project to offer an integration of Jewish texts, mindfulness tools and practices, the support of a community, and recorded meditations to use in your own daily parenting life and help you become the parent you desire to be. Two cohorts are available: one for K-5 parents and one for 6-8 parents.

## The program includes

- Weekly hour-long sessions over the course of six weeks taught by an Orot educator for a total of \$180
- Chevruta/partner pairings within your cohort for support between sessions
- Practice suggestions for use at home
- Recorded teachings and meditations to be used by parents and with children
- Optional opportunities for extended learning and practice after the six weeks

## REGISTER

**Oct. 12 – Oct. 25**

Registration for cohort sessions are open for two weeks.

**Nov. 1 – Dec. 13**

The K-5 cohort takes place on Mondays, 8-9:15 p.m.

**Nov. 2 – Dec. 14**

The 6-8 cohort takes place on Tuesdays, 8-9:15 p.m.



The  
Peaceful  
Parent  
Project

**Nurture Yourself,  
Nurture Your Children**

