



Join us this spring as we offer tips and strategies to help you be a more effective parent!



# Spring Parenting Series at FACTS

(Family, Adolescent and Children Therapy Services, Inc.)

**THURSDAY, FEBRUARY 21**  
**6:30 – 8:00 PM**

## **Mindfulness & Meditation for Parents and Children**

Learn how mindfulness and meditation can become a part of your parenting! Life is filled with stress and how we react in the moment can be automatic. When adrenaline and heart rate increases, we lose our ability to think clearly and respond to our children appropriately. With just 5 minutes a day, you can train your brain to engage in mindful behaviors that improve your health, relationships and parenting!

**THURSDAY, MARCH 21**  
**6:30 – 8:00 PM**

## **Helping Your Child Be More Resilient**

You can't prevent your child from experiencing adversity in their lives, but you can help them develop tools to better cope with those challenges. Find out what things really make a difference between a child who thrives vs. a child who struggles when facing challenges in their life.

**THURSDAY, APRIL 25**  
**6:30 – 8:00 PM**

## **The Key Behaviors to Becoming a Better Parent**

With so much information out there on parenting, what if good parenting is not as complicated as we make it? We will help you cut through the noise. In this fast-paced presentation, discover the simple steps you can take to become a more effective parent.

***FACTS is a mental health agency dedicated to improving the lives of children and families by providing high quality mental health services and information.***

**This FREE Parenting Series takes place at: FACTS, 1385 Mendota Heights Rd., #200, Mendota Heights, 55120, (just north of the intersection of 494 and Pilot Knob Road). Contact (651) 379-9800 ext. 203, or [www.facts-mn.org](http://www.facts-mn.org).**

