



The Mindful Parent



Are you feeling constantly overwhelmed with the day-to-day stresses of parenting? Are you struggling to create family relationships that are congruent with your values? Are you living with guilt and regret for not always being the parent that you want to be? Mindfulness-based cognitive therapy blends modern behavioral psychology with age-old Eastern philosophy to help people find balance and peace in the midst of their hectic lives. The Mindful Parent group applies mindfulness-based cognitive strategies to help parents increase behaviors congruent with their values and create a more harmonious family environment.

In this group, you will:

- Learn mindfulness skills for reducing stress and increasing focus
- Explore your parenting values and increase behaviors congruent with those values
- Decrease counterproductive parenting strategies
- Develop strategies to improve relationships with children and spouses
- Learn ways to balance family, occupational, and self-care activities

When: Starting January 2012

Where: [The Office of Wynns Family Psychology](#)
130 Preston Executive Drive, Suite 202, Cary, NC 27513

Leader: [Dr. Mike Daniels](#)

Ages: Parents of all ages

Fee: \$75 per week or \$550 for paying for all eight sessions in advance. (Most insurance plans will reimburse a percentage of these fees. We can help file for insurance reimbursement.) A \$75 deposit is required to reserve a spot.

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.

Visit WynnsFamilyPsychology.com to learn more about the practice or the [group leader](#).

Space is Limited So Call or [Email Now](#) to Reserve Your Spot!