



C-07

Mindful Parenting and Resilient Children/Youth

Mental Health and Well-being Parent Partnership Committee

202A

This experiential workshop will provide parents with practical skills and knowledge about mindfulness: what it is, what are the benefits to both parents and children and how it can be practiced. It will deliver practical tips on practicing mindful awareness within family dynamics. The session will examine aspects of mindfulness specifically related to parenting and education:

- how parents can support their children through mindful parenting
- how mindfulness can support well-being for families

Presenter

Heidi Bornstein

Director of Mindfulness Everyday - Heidi@mindfulness everyday.com

Heidi Bornstein is the co-founder and executive director for Mindfulness Everyday, a Canadian registered charity that has been delivering mindfulness programs in the community since 2010, to students, parents, and educators. Heidi is an MBSR (Mindfulness-based Stress Reduction) teacher, a Hatha yoga and meditation teacher. She is the co-creator of The Mindful Edge™ – Stress Reduction and Life Strategies for Teens. Heidi is a certified facilitator for SMART: smartEducation — Stress Management and Resiliency Techniques for Educators. Heidi has been teaching yoga and meditation in Toronto since 2002 and continues to support yoga, meditation, and mindfulness programs for children, youth, teens, and adults.