

# Parents as Partners Conference

Workshop Session: C9

Room: 203A

## Mindful Parenting and Resilient Children/Youth

Mental Health and Well-being

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

### Heidi Borstein

Co-founder and executive director for Mindfulness Everyday

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Heidi is the co-founder and executive director for Mindfulness Every day, 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: smart Education - 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.

### Sue Hutton

Social Worker and Mindful Parent Teacher

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Sue Hutton has been practicing formal Mindfulness meditation since 1985. She has studied meditation with teachers in India, Canada, and the US. Sue has over 20 years experience as a social worker, and has infused her social work practice with mindfulness since the 1990's, and then focused her post-graduate MSW research on mindfulness. Sue received her professional training in the US in delivery of Mindfulness Based Stress Reduction (MBSR) with Jon Kabat-Zinn in 2007. Sue leads mindfulness groups with Wellspring, social workers, the disability community, and is currently an investigator with a Ministry of Community Social Services-funded research team exploring Mindfulness as a tool for parents with youth with intellectual disabilities/autism. Sue deeply enjoys the experience of helping to bring mindfulness to the everyday applications of real life in our homes, relationships, and community.