



Mindful Parenting

www.a2mindfulparenting.com

Robert Martin, MA, LMSW

Lisa Inoue, LMSW

- Struggling with negative emotions brought about by parenting challenging kids?
 - Wishing you enjoyed the process of parenting more?
 - Getting into the same battles with your kids day after day?
- This workshop will introduce you to the basics of mindful parenting:
- Core mindfulness skills
 - Development of compassion and non-judgemental awareness.
 - Managing automatic responses.

Introduction to Mindful Parenting Workshop

- **When:** Saturday, January 28 from 2:00pm - 4:00pm
- **Where:** Adoption Associates, 26105 Orchard Lake Road, Ste. 301 Farmington Hills, MI 48334
- **Cost:** \$10/person, \$15/couple
- RSVP is mandatory to ensure sufficient seating
- Please contact Lisa Inoue, LMSW at 734-996-9111 ext. 221 or a2mindfulparenting@gmail.com

Ask about our 6-week group and 2-evening intensive workshops!

Robert Martin, MS, LMSW

Robert Martin, MS, LMSW has been working with children and families since 1984. He has been practicing Vipassana meditation since 1999 and began incorporating mindfulness into his psychotherapy practice several years later. In addition to co-facilitating Mindful Parenting groups, Robert leads mindfulness-based groups for adults struggling with anxiety and depression.

Lisa Inoue, LMSW

Lisa Inoue, LMSW is a licensed clinical social worker who holds a master's degree from New York University. She currently maintains a practice in Ann Arbor, Michigan specializing in the treatment of children and adults with issues related to interpersonal trauma and disrupted attachment. Lisa co-leads Mindful Parenting groups and workshops which integrate attachment theory with mindfulness skills.

Several from the ATTACHMENT Coalition Moms Support Group attended Lisa & Robert's parent training and found self-power in practicing mindfulness. Other parenting programs focus on changing the child, this one focuses on the more profound... changing yourself! For those who have made a conscious decision to be a particular kind of parent but sometimes find road-blocks in front of that process, Mindful Parenting is perfect for you. When you're mindful you learn to observe your thoughts & feelings from a distance and you are able to make decisions about your behaviors. And, best of all, you can learn to understand what propels you without judging yourself as good or bad.

We whole-heartedly endorse Mindful Parenting!

- Doris Landry and the ATTACHMENT Coalition