



Mindful Mother's Support Group

Do you yearn for a community of like-minded mothers that you can relate to?

Do you want a supportive circle in which to share your experiences and learn from others?

Is Mindfulness a concept you would like to incorporate into your parenting more?

If so please contact us to see if this group is right for you!

Mindful parenting can be defined as the ongoing process of intentionally bringing moment-to-moment, non-judgmental, open-hearted awareness as best one can to the unfolding of one's own lived experience, including the process of parenting.

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