



Facilitated by Shannon Edwards

Parenting Book Discussion Group

for parents of students in grades 6-12

First Friday of each month (except Jan.)

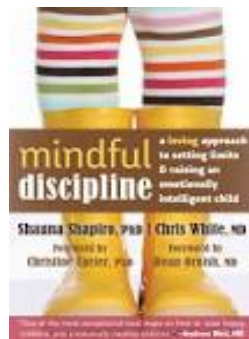
8:30am - 10:00am

Panera Bread, 15200 Los Gatos Blvd #100, Los Gatos

We will have coffee and pastries, so meet us in back of the restaurant

Using Shauna Shapiro’s book “Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child,” we will explore topics such as:

- Raising happy, compassionate, and responsible children with both love and limits.
- What creates a harmonious home?
- How can we help our children grow into mature adults with self discipline?



Shauna Shapiro, PhD, is a professor at Santa Clara University, a clinical psychologist, an internationally recognized expert in mindfulness, and a mother. With twenty years of meditation experience studying in Thailand, Nepal, as well as in the West, Shapiro brings an embodied sense of mindfulness to her scientific work. She has published over one hundred journal articles and chapters, and coauthored the critically acclaimed book, “The Art and Science of Mindfulness.”

Dr. Shapiro will be speaking at LGHS on November 18th at from 7:00pm - 9:00pm in the LGHS theatre. Please join us even if you have not read the book.

The Parenting Continuum is a community alliance empowering parents to nurture the whole child and the whole family; focusing on providing K-12 parent education. We are a group of volunteer parents who care and want to bring awareness, support, and resources to help meet the challenges of parenting. For current programs, updates, and resources, please visit:

www.parentingcontinuum.org

<https://www.facebook.com/parentingcontinuum>