



**JOIN US FOR A BRING YOUR OWN BABY IN REDMOND!**

# Finding Calm Workshop with Community of Mindful Parenting

**Thursday, October 18 | 10:30 am**

**Redmond Public Library**

15990 NE 85th Street, Redmond WA 98052

Learn mindful parenting to help reduce stress, enhance strong bonds, explore self-compassion, and encourage balance.

Geared toward parents/caregivers of children 6 months to 6 years old. Feel free to bring your baby.

FREE; register in advance

**SJCC.org**

Everyone is welcome.

