



# YOU'RE INVITED!

MINDUP™ PARENT WORKSHOP NORTH  
NOVEMBER 4, 2019

We invite you to come learn about our new Social Emotional Resource in Parkland Elementary Schools, MindUP™! During this interactive workshop you will learn about the MindUP™ curriculum and be given tools and tips on how to integrate MindUP™ into your home and family life. For parents, MindUP™ provides new techniques to better cope with and manage the challenges of work/life stress. MindUP™ also helps parents build healthy relationships between siblings, their children and the community, and finally, between their children and themselves.

The workshop will take place on **November 4<sup>th</sup> from 6:30 PM TO 8:00 PM** at Kernsville Elementary School: 5051 Kernsville Road Orefield, PA 18069. This program is for parents only; childcare is not available. We hope to see you there!



## About MindUP

In 15 lessons, MindUP™ helps children enhance their self-awareness, concentration abilities, problem solving skills, and pro-social behavior while exploring positive human qualities

MindUP™ was created to help children understand the ways their minds work, how their thoughts and feelings affect their behavior, and has four goals:

- 1) Foster mindful focused awareness
- 2) Increase positive human qualities, such as empathy, perspective taking, helpfulness and kindness
- 3) Increase optimism and the sense of well being, while gaining resiliency traits
- 4) Foster a cohesive, caring classroom climate