



MINDFUL MONDAYS

FOR ADULTS, with M&M (Michael & Michaela!)

Parents! Join us via **Google Meet** from **8:15-8:30A** on **Monday mornings** to set your intentions for the week. Using principles and philosophies from The RULER Approach and Acceptance and Commitment Training, we will lead you in meditation, offer tools to continue mindfulness in your home, and provide resources to grow your own emotional intelligence.

BEGINNING SEPT. 14

Each 15-minute session will include:

- 3-5 minutes of Mindfulness Practice
- Research studies
- RULER tools
- Suggestions for integrating mindfulness into the home
- Gratitude Journaling
- Mindful walking
- Resources for meditation



There is no fee for Mindful Mondays! Parents can attend any or all Monday morning sessions. Sessions will be recorded and sent out for those who are unable to attend.

For more info and/or a link to the Mindful Mondays Google Meets, email michael.delatet@jonesgordon.org or michaela.sands@jonesgordon.org. Sessions are also listed on the MyJGS/Blackbaud calendar.

