

# Mindfulness for Parents of Young Children



*Parents, we are offering a 6-week Mindfulness class for parents of young children (Ages 3-6). Come learn techniques to help with the stress of daily life and the challenges of parenting! In addition we will teach simple, fun practices you can use at home with your children. This class will meet for 6 weeks, and includes 5 parent sessions and one combined child-parent mindful play session!*

This class will be co-taught by Emily Haygeman, PhD, Jill Holloway, LCSW, and Caitlin Szalay, MA/EdS from Granite Preschool Services. Emily is a Licensed Psychologist and a trained yoga instructor. She has taught mindfulness interventions to children, teens and adults and conducted research on the benefits of mindfulness. Jill is a Licensed Clinical Social Worker with 26 years of experience working with young children and their families. Caitlin is a Credentialed School Psychologist who specializes in working with preschool and elementary-age children.

**The class will meet Monday evenings from 3:30-5pm on the following dates:**

**March 5, 12, 19, and 26**

**April 9, 16**

**Location: Granite School District, Auditorium D  
2500 South State Street, Salt Lake City, UT 84115**

\*Please email [eahaygeman@graniteschools.org](mailto:eahaygeman@graniteschools.org) or call Emily at (385) 646-7648 to confirm your attendance and **reserve your spot**. Limited childcare spots available, specify whether you need childcare. A copy of the book "Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)" by Eline Snel will be available for those that sign up early, while supplies last.\*