



Insight's MINDFUL PARENTING

For more peaceful, healthy families

**An Empowering program to help you become
A healthier, happier person and parent**

**Healthy Families
in Mind, Body & Spirit**

**INSIGHT'S Mindful
Parenting includes 6
hours of experiential
group classes at
INSIGHT Wellness Center**

**Call 216-765-4470 for
more info or to sign up.**

**Tuesdays:
April 5, 12, 19, 2016
6:30 p.m. – 8:30 p.m.**

Class Location:
Insight Wellness Center
25901 Emery Rd., St. 112
Warrensville Hts., 44128

Class Investment:
\$219 per couple
\$129 per individual

*** Bonus: Includes One
Free Skype post class
session per family**

*** Special rates for programs
provided for schools and
agencies, call us for infor-
mation.**

www.insight-wellness.com

Wishing for a more peaceful, joyful home?

**Insight Learning & Wellness Center provides this
powerful class for parents, educators and caregivers.**

Initiated by Michelle Martin, Ed.S., School Psychologist of 30+ years, and led by a team of parent educators and wellness professionals, **INSIGHT'S MINDFUL PARENTING** teaches practical parenting skills along with a deeper understanding of all relationship dynamics and provides tips for creating valuable, healthier families - inside and out.

What you will gain from this program:

- Begin or renew your personal practice of "mindfulness"
- Manage your stressors more confidently
- Empathize and relate more closely to your children
- Resolve conflicts more peacefully
- Communicate more clearly and parent with compassion
- Build and maintain stronger family bonds

The **MINDFUL PARENTING** program includes interactive classes and the opportunity for ongoing support to ensure the program is working for you.

Participants will develop self awareness skills that will help you **stay grounded in the face of stress** and maintain caring and compassionate communication that results in better parenting and **stronger relationships all around.**

Interested in Childcare?
*Arrangements can be made for
for an additional fee.*
Call 216-765-4470





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MINDFUL PARENTING
An Empowering Program
to Help You
Become
a Stronger Parent
& Healthier Individual

Insight Learning & Wellness Center provides a wide range of health and wellness services for families.

Insight takes an integrative approach to treatment, which means that our client care is a combination of conventional medicine with natural wellness therapies that are proven to enhance and improve the healing process.

Insight Services:

TKD Fusion, therapeutic movement program, psychological and academic evaluations, holistic counseling, acupuncture, massage cranial sacral, myofascial therapy, naturopathy, meditation, biofeedback, energy psychology, & yoga.

Insight also provides holistic wellness camps for children.

For more information, go to:
www.insight-wellness.com.
216-765-4470

Let us help you "put your oxygen mask on yourself first"

Develop simple daily self-care tools like Mindfulness & Meditation to strengthen your own health and emotional well-being which will in turn benefit your children dramatically.



Create a stronger, healthier family.

Learn methods that will help you peacefully work through conflicts and create better communication among family members.

Testimonials from Class Attendees:

"The tools I learned from the course proved to be an effective combination for de-escalating outbursts and volatile tantrums." Jayma P.

"You all have been great throughout the class. We have gained a ton of valuable insight into our parenting. Thank you." Jason & Erin D.

INSIGHT'S MINDFUL PARENTING was developed by Michelle Martin, Ed.S., School Psychologist & Director of Insight Learning & Wellness Center & Todd Corbin, Parent Coach



Michelle Martin has a passion for helping children & parents and has assembled a team of highly trained professionals from parent coaching, and holistic counseling to facilitate the **MINDFUL PARENTING** classes. Michelle maintains a private practice specializing in the evaluation and treatment of learning, developmental and attention disorders including ADHD & autism for all ages. She serves as a consultant and provides seminars, workshops & staff trainings on education and holistic wellness. She directs a therapeutic martial arts program combining Tae Kwon Do with self regulation and social skills therapy.

Todd Corbin provides individual and family/parent coaching, as well as consultative and educational services to agencies and schools. Todd is a certified parenting coach with an emphasis in families of children with learning differences. He is also a certified Awesomism practitioner, a program created by Speech Language Pathologist, Suzy Miller for communicating with and understanding children (especially those on the spectrum) at a deeper level.



MINDFUL PARENTS Classes are available for daycares, schools and agencies. A special version is available for parents and caregivers of children with special needs with emphasis on sibling issues, acceptance of disability, and time management.

For more information call at Michelle at 216-765-4470 or email mmartin@insight-wellness.com