



Campbell Hall  
EPISCOPAL

# Parent Mindfulness Group

The **Campbell Hall Parent Mindfulness Group** invites all parents and guardians to a series of morning sessions to deepen or begin a mindfulness practice. Sessions begin with a guided meditation followed by instruction on topics such as authentic parenting, connecting more deeply with our kids, the development of meditative skills for managing stress and reactivity, connecting and communicating more effectively with our kids, maintaining a daily practice, etc., all while building community with fellow parents. Led by Laurie Cousins, a highly experienced teacher in mindfulness and parent education, the series are free of charge. Guest speakers include Catherine Siphron-Singer and Patrick Sweeney\*.

MEETINGS ■ TUESDAYS ■ 8:45-10:00am

Nathanson-Swiger Chapel and Spiritual Center

SEPTEMBER 25

OCTOBER 2, 9, 16, 23

NOVEMBER 6, 27

DECEMBER 4, 11

JANUARY 8, 15, 22\*, 29\*

FEBRUARY 12, 19, 26

MARCH 5, 12, 19

APRIL 9, 16, 23, 28, 30

MAY 14, 21, 28

TO REGISTER: Visit [www.campbellhall.org/PMG](http://www.campbellhall.org/PMG)

FOR FURTHER INQUIRIES: [parentmindfulness@campbellhall.org](mailto:parentmindfulness@campbellhall.org)



**ABOUT THE INSTRUCTOR:** **Laurie Cousins** is a mindfulness teacher and integrative mind-body practitioner. She is highly trained in multiple mindfulness-based programs through UCLA & UCSD and is a lead teacher for Susan Kaiser Greenland's Inner Kids mindful program. As the family program advisor at the La Maida Institute in LA, she specializes in serving youths and families through programs and private sessions that are rooted in integrative health, science, mindfulness, and resiliency. Laurie's greatest teachers are her beloved two children.

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## Meditation Guide

We come together weekly from 8:45-10:00 am on Tuesday mornings to meditate together and create real and lasting connections with others. It's a beautiful way to build community and new friendships, as well as, develop a healthy routine. To optimize the experience, it's best to arrive a few minutes before the opening meditation begins. If you arrive during meditation, feel free to use the seats near the door. Latecomers will be invited into the group after the first practice concludes. Our time together is precious and sacred and everything shared is confidential. Please do your best to remain with us the whole time. We look forward to sharing this journey with you.

## Resources

**The Den Meditation:** Meditate with Laurie Cousins at her weekly classes on Tuesdays at 6:15pm and Sundays at 9:30am at Studio City location. <https://denmeditation.com>

**La Maida Institute:** Part integrative clinic, part yoga and meditation studio, and part community gathering space, La Maida's model is rooted in the integration of ancient modalities and modern science where the human narrative, communal support, and spiritual development are central to the healing process. <https://lamaida.org>

**Soul Hum:** <https://soulhumstudios.com/our-studio/>

**IbME: Inward Bound Mindfulness Education Teen Retreats:** <https://ibme.info>

### Westside

- **Mindful Awareness Research Center at UCLA:** <http://marc.ucla.edu>
- **Center for Mindful Living:** <http://www.mindfullivingla.org>
- **Unplug Meditation:** <https://www.unplug.com>
- **Insight LA:** <https://insightla.org>
- **Inner Kids:** <https://www.susankaisergreenland.com/inner-kids-model/>

### Apps and links for Guided Meditations

- **Evenflow:** <https://www.evenflow.io>
- **Insight Timer:** <https://insighttimer.com>
- **Smiling Minds (for kids):** <https://www.smilingmind.com.au>
- **Calm (for kids, too):** <https://www.calm.com>
- **No Drama Discipline blog by Dr. Dan Siegel:** <http://www.drdansiegel.com/blog/>
- **New to Meditation:** <https://www.tarabrach.com/new-to-meditation/>