



MindfulKids

Mindful Parenting

*A Class on How Mindfulness Strengthens
Brain Development, Reduces Stress &
Helps Families Build Resilience*

mindfulkidsnj.com

Class Registration Form

Parent Name(s): _____

Address: _____
Street Town Zip

Phone #: _____ Emergency Contact #: _____

Primary Email Contact: _____

Age of Children? _____

Any Specific Concerns?

Class Dates & Time: Monday Evenings, Feb. 1, 8, 15 & 22 from 7:30 - 8:30 pm.

Location: Madison Community House, 25 Cook Avenue, Madison, NJ

Price: \$80

Please make all checks payable to "Mindful Kids LLC" & bring check to first class.

Email this registration form back to Mary Lea to register: marylea@mindfulkidsnj.com

Where Did You Hear about Our Classes?

