

July 2023

# Compassionate Parenting Workshop

## *Growing Compassion in Our Family*

### WHEN

Monday, July 17, 2023  
7-8pm CT

### WHERE

Online via Zoom

### INSTRUCTOR

Jamie Lynn Tatera, MS, RYT



### FEE

Free!

Self-compassion is an inner resource that can help adults and children develop mental emotional resilience. Join Jamie Lynn Tatera, developer of the Self-Compassion for Children and Caregivers program, for an experiential workshop designed to help caregivers learn to support children (and themselves) in developing this powerful inner asset.

All are welcome; no prior mindfulness experience required! This workshop is Intended for adult parents/caregivers.

### INFO/REGISTRATION

[uwhealth.org/mindfulness](https://uwhealth.org/mindfulness)

**UWHealth**

UW Health Mindfulness Program  
(608) 265-8325