

MILLENNIUM SCHOOL

BEING WELL PARENTING WELL

PARENT ED SERIES 2023-24

Events are virtual
Open to families + the wider community



REWIRE YOUR MIND: MINDFULNESS AND
SELF-COMPASSION PRACTICES

W/ SHAUNA SHAPIRO

OCTOBER 19TH, 2023 @6PM

SUPPORTING THE ADOLESCENT MIND: WHAT
THE NEW SCIENCE TELLS US

W/ ALISON GOPNIK

NOVEMBER 16TH, 2023 @6PM

MINDFULNESS IN AN EMERGENCY

W/ DANIEL RECHTSCHAFFEN

JANUARY 18TH, 2024 @6PM

THE PARENTING MAP: CONSCIOUSLY CREATE
THE ULTIMATE PARENT-CHILD RELATIONSHIP

W/ DR. SHEFALI TSABARY

FEBRUARY 15TH, 2024 @6PM

BUILDING A MORE EQUITABLE SCHOOL
COMMUNITY

W/ HECTOR MONTENEGRO

MAY 2ND, 2024 @6PM



Info and registration at
millenniumschooll.org/parent-ed