

PARENT EDUCATION

Keller is excited to offer parent education workshops beginning with: "Back to School Success: Setting the Stage for a Great Year" where we'll discuss simple and effective strategies for creating the foundation for a happy and successful school year for your family.

Back to School Success: Setting the Stage for a Great Year.



Shaila Saint, M.Ed. for the past two decades, has shared her Spicy Mindful philosophy with parents in classrooms, private consultations and on blankets in parks across Long Beach. A highly respected parent educator and adjunct professor at Long Beach City College, she creates a safe, supportive space where parents can share challenges, be heard, gain helpful tools and reconnect with the intentions that get buried under our busy lives. Shaila will be offering the developmental insight of an educator and the real-world perspective of a mother of two teenage sons. Feel free to learn more about her work at www.shailasaint.com or email her with feedback or suggestions for future topics at: shaila@mindful-parent.com

Spanish translation, light refreshments and childcare for 6-15 years-olds will be provided.



