



# well baby center®

YOUR PARENTING COMMUNITY

## Mindful Parenting Groups

Well Baby Center is a non-profit parenting and counseling center providing Mindful Parenting Groups, Reflective Parenting Workshops, New Parents Support Groups, Mindful Pregnancy & Childbirth Classes, Infant Massage Workshops, Music groups in Spanish and English, Social Skills Play Groups, and family consultations and counseling

### Registration Now Open!

Wednesday 10:00 am - 11:30 am  
(15 months to 20 months)  
Thursday 9:30 am -11:00 am  
(20 months to 25 months)  
Friday 11:30 am to 1:00 pm  
(6 months to 14 months)  
Friday 4:00 pm to 5:30 pm  
(2.5 - 3.5 year olds)

For more information,  
please contact us at:  
310-402-BABY (2229) ext. 101  
[info@wellbabycenter.org](mailto:info@wellbabycenter.org)

To register, please go to:  
[www.wellbabycenter.org](http://www.wellbabycenter.org)  
and select "Our Programs",  
then "Mindful Parenting"

Some insurance accepted  
Regional Center vendor  
Court-approved parenting classes  
Well Baby Center is a 501(c)(3)  
non-profit organization

## Groups now forming!



Mindful Parenting Groups provide a unique, developmentally-based approach to promoting sensitivity, flexibility, and mindfulness in communications between parent and child, focused on enhancing the attachment relationship.

Weekly meetings address concerns such as:

- Sleeping, eating, and motor development
- Social interactions and separations
- Fears, tantrums and other challenges typically experienced by babies and toddlers

Parents have opportunities to reflect on their experiences as parents, as well as the impact their own early relationships have on their children. Each group time includes group observation of the children at play, reflection on what is observed, time for questions and concerns about each child's development, and circle time with songs and rhymes. For older toddlers we introduce snack time.

"Mindful Parenting has not only nurtured my relationship with my daughter but also my parenting partnership with my husband. I didn't expect him to be that into it but he would make it whenever possible and this made me incredibly proud." -Cynthia, Sean, and baby Iona

The group is facilitated by child development specialist and WBC founder, Deborah Groening, MFT

- Space is limited to 6 parents and children
- One or both parents may attend with their child
- Ongoing groups
- \$360\* for the first 9 weeks (\$40/group), then every 4 weeks thereafter
- Advance registration is required
- Research shows an increase in parent's reflective capacity after only 12 weeks

\*Sliding fee scale available