



Stanford
MEDICINE

Stanford Parenting Center
Department of Psychiatry and
Behavioral Sciences

How can we better manage our own difficult emotions as parents?

Online 8-Week Class:

Mindful Parenting



TUESDAY MORNINGS via Zoom:

Taught by Dr. Mari Kurahashi, M.D.

9:00-10:30 AM PST April 18th - June 6th

[Register Here!](#)

Tuition:

\$330 per Caregiver

(Scholarships available if not able to pay the full cost)

Questions:

Contact Shannon at shopkins@stanford.edu

WEBSITE:

<https://med.stanford.edu/autismcenter/EducationandTraining/mindfulness.html>

