

# Finding Calm: Strengthening Bonds Through the Path of Self-Kindness Workshop

Wednesday, June 6  
5:00 – 6:00 p.m.

**Bright Horizons® at Mercer Island** invites you to join us for a complimentary introductory workshop with the [Community of Mindful Parenting](#). This is a unique opportunity for parents of children 6 months to 6 years old to learn mindful-based skills to help reduce stress, enhance strong bonds, explore mindful self-compassion and encourage balance.

Following this event, the Community of Mindful Parenting will be offering the expanded 6 week Finding Calm: Strengthening Bonds Through the Path of Self-Kindness group at our center on Wednesdays from 4:15 – 6:00 p.m., starting on June 20. [Visit the group website](#) to learn more and sign up.



## WORKSHOP RSVP INFO

Please RSVP to [mercerisland@brighthorizons.com](mailto:mercerisland@brighthorizons.com) with your full name and number of attendees.

## CONTACT US

### Bright Horizons at Mercer Island

9555 SE 36<sup>th</sup> Street  
Mercer Island, WA 98040  
206-232-2035  
[mercerisland@brighthorizons.com](mailto:mercerisland@brighthorizons.com)  
[brighthorizons.com/mercerisland](http://brighthorizons.com/mercerisland)

