

# TRANSFORMING THE INTENSE CHILD

## A MINDFULNESS BASED PARENTING GROUP SERIES

A powerful integration of mindfulness skills & cognitive behavioral techniques

9-Weeks, Online, Wed., 12-1 PT, April 17 - June 12.  
First intro class free. Free for OHP\*. HSA Eligible.

### Benefits of Attending:

- ✓ Explore patterns of reactivity, develop transformative relational techniques to manage stress.
- ✓ A simple framework that overrides the natural negativity bias, reducing unwanted behaviors.
- ✓ Learn and practice numerous science-based mindfulness skills to strengthen your calm, purposeful peace-of-mind.
- ✓ Break the cycle of generational trauma and isolation, **transform and heal your most challenging relationships.**

### Who Should Attend:

- ✓ Everyone will benefit from these tools, frameworks, and evidence-based approaches for managing ADHD, ODD, Autism, Sensory Processing, and other neuro-divergent challenges.

### Co-Facilitated by:

- ✓ Bridget Saladino—Mental Health Therapist & Nurtured Heart Approach Advanced Trainer: <https://www.bridgetorelationship.com/about-me>
- ✓ Geoff Sittler—Occupational Therapist & Center for Mind Body Medicine Faculty: <https://oregonmindbody.com/about/>

### Testimonials:

- ✓ “Wonderful class. Woven wisdom that really touched me deeply.”  
“I’m thrilled, I got exactly what I joined for, and really enjoyed this group.”  
“Thank you for the time and effort spent on improving the quality of our lives and those of our children.”

MindfulnessBasedParenting@gmail.com



### Register Your Interest

[tinyurl.com/mbsnha](https://tinyurl.com/mbsnha)

\*OHP/HealthShare/  
Care Oregon Pays

\$55/Class  
15% discount  
if paid in full.

