



MINDFUL PARENTS

AWAKENED FAMILIES

**A Four-Week Journey into Deeper Presence, Relationship, Love
& Joy with Ourselves, Our Children & Loved Ones.**

Part 1 – What is a Mindful Parent?

Part 2 – Reactive vs Responsive Relationships

Part 3 – Mindful Communication

Part 4 – Balancing Love and Discipline



**TUESDAYS, 7:30 - 9:30 PM ET
CHECK YOUR TIME ZONE
OCT 27, NOV 3, 10, & 17, 2026**

LIVE VIRTUAL COURSE VIA ZOOM

**SUGGESTED DONATION:
USD27 PER SESSION
USD108 PER COURSE**

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AHAM EDUCATION
Art of Happiness and Mindfulness
Academy of the Heart and Mind

**CONTACT: [INFO@AHAMEDUCATION.ORG](mailto:info@ahameducation.org)
WEB: [WWW.AHAMEDUCATION.ORG](http://www.ahameducation.org)**