



Mindful Parenting

A class series with Shahara Godfrey

Shahara Godfrey, Ph.D., has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock.



4 Mondays: August 6, 13, 20 & 27
7 PM – 9 PM

In this 4 week series, we will explore compassionate ways of being parents that include handling anger, appropriate limit setting with different ages, increasing our communication skills, and a kindness practice for working with teens. Parents, co-parents, educators, family members and anyone working with young people are welcome.

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Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.

East Bay Meditation Center
2147 Broadway St.
Oakland, CA 94612



(near the 19th St. BART station
in downtown Oakland)

Designed by Rusa Vuong (www.thisisrusa.com)