

Featured Speaker: Susan Kaiser Greenland

*Author of **The Mindful Child: How to help your kid manage stress and become happier, kinder and more compassionate** & Creator of The Inner Kids Program*



Susan Kaiser Greenland, JD is a former corporate attorney who developed the Inner Kids mindful awareness program for children, teens and their families. Research on the Inner Kids elementary school program was conducted at the Mindful Awareness Research Center at UCLA and is published in the Journal of Applied School Psychology.

Greenland teaches children, parents and professionals around the world and consults with various organizations on teaching mindful awareness in an age-appropriate and secular manner. With her husband, Seth Greenland, she co-founded the Inner Kids Foundation. Susan lives in Los Angeles with her husband, and their two children. She can be found online at www.susankaisergreenland.com

Thursday, September 22, 8:30 – 10:00 a.m.

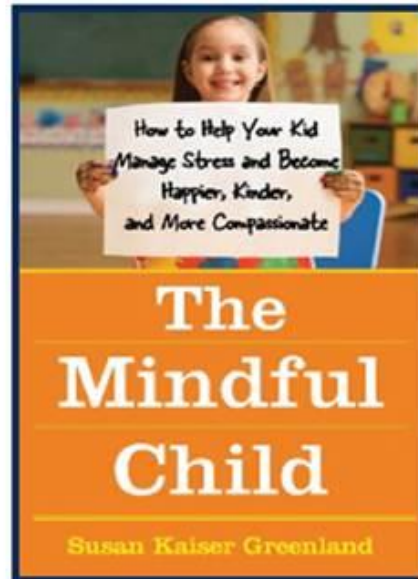
Open to all parents, grandparents & friends

• **RSVP to Maggie Avalos •**

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This lecture will focus on Susan Kaiser Greenland’s ground-breaking work in the field of using mindfulness with children and teens. Topics include:

- Introduction to the quickly emerging field of mindfulness in education and parenting
- Introduction to the practice of mindfulness with children and young adults and its applications at home, in schools and in the caring professions
- New ABCs: attention, balance, & compassion
- The Inner Kids mindfulness practices you will learn will help develop greater mind-body awareness, reduce stress, and can easily be adapted for home, afterschool programs, or private therapy and healthcare practice.
- Opportunity to ask questions and meet like-minded parents and professionals in a growing community of those interested in practicing mindfulness with children.



Sponsored by the Guidance Department

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- [Click here](#) to read more about this special event on September 22.
 - To read more about *The Mindful Child*, [click here](#).
 - Susan offering tips on helping kids to manage stress:
<http://www.youtube.com/watch?v=D9GJtic9eW0>
- Visit Susan Kaiser Greenland's website to find out more:
www.susankaisergreenland.com.