

Handling Conflict with Our Children Compassionately

A half-day workshop for parents & guardians

with Shahara Godfrey



This daylong is an informative and interactive experience for people who are parenting children. Together we will explore how to integrate the different ages and stages in handling conflict with compassion.

Open to all parents & guardians. Meditation instruction provided for beginners. Due to facility limitations, childcare cannot be provided.

Saturday, June 18, 2011 10:00 am to 3:00 pm
East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway @ 22nd St., Oakland
Located near the 19th St. BART station

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name and request a registration form for "Handling Conflict with Our Children."

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.



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. Shahara is a mother and grandmother who currently works as an Educator and teaches Parenting classes.

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.

EBMC is wheelchair accessible.

