

Don't miss this Saturday's....

# P.R.O.M.I.S.E. Academy's

## MINDFUL PARENT WORKSHOP

Where adults and children gain **SUPER-HUMAN** strength and knowledge!



**FUN** workshops for kids!

NEW start time!

### Super Saturday

### FEBRUARY 11th at 11:00 a.m.

**MINDFUL PARENTING** is a 3-part workshop to build continued understanding of basic mindfulness with a focus on awareness, presence and willingness to understand yourself – which will contribute to a **stronger** relationship with your child!

Session begins a **HERO PANCAKE BREAKFAST**



----- Please return by Wednesday 2/8 -----

School 2

## P.R.O.M.I.S.E. Academy



Yes, our **SUPER** family will attend on February 11th.

\_\_\_\_\_ Adults

Please arrive at 11:00 am!

\_\_\_\_\_ Children

**VISION:** All students achieving at proficiency.  
**MISSION:** To provide students with learning opportunities which foster academic proficiency or higher: to model and expect strong character from all and to collectively own and celebrate the entire school community.

