

Stress Management and Mindfulness Coaching

A Parent Seminar By Terri Hamilton

(geared towards parents of children in grades K-6)

Tuesday, January 14th 7-8pm
McKelvie Intermediate School Cafeteria

Sponsored by:



Tackling the routines of the day can be overwhelming but less stressful with strategies that allow all to respond more intentionally rather than reacting spontaneously. Mindfulness allows more days to start and end on a peaceful note. Sleep improves, focus improves, and overall wellness is enhanced.



Inhale. Exhale. Relax and Repeat.



Terri Hamilton is a Mindfulness and Stress Management Coach. Terri has a B.S. in Elementary Education and a M.A. in Counseling. She is also a certified Child and Teen Coach. She taught in 1st and 5th Grade and was a Guidance Counselor for three years. She now enjoys sharing her knowledge with Parents, Teachers, and those who wish to find a balance with the everyday stressors of daily activities. She encourages kindness and gratitude while using Mindfulness strategies that emphasize the importance of listening, observing and responding effectively. Terri helps people change an overwhelmed life to one with more calm, focus, and happiness.