Mind Body Awareness
– Gentle Yoga
This group is designed for people who like a gentle pace with room to breathe and relax. No experience with Yoga is required. Available to OHP Members only.

In this group you will:
• Practice breathing techniques, meditation and gentle yoga postures.
• Learn to better function in the midst of physical and emotional pain.
• Practice mindfulness, paying attention to what is happening to you, both mentally and physically.
• Create space around emotions and become centered.
• Experience compassion for yourself and let go of self-judgment.

The Mind Body Awareness group is led by Carolyn Remmers, MEd, QMHP, YTC. Carolyn brings a gentle sense of compassion and love to her teaching.

This group takes place on:
Tuesdays from 2:30 - 4:00pm

Location:
St. Mary's Episcopal Church
1300 Pearl Street
Eugene, OR 97401

If you are interested in the group, please contact Center for Family Development at:
541-342-8437

Positive Parenting Group
The 10-week group is for parents of babies and toddlers ages eight months to three years.

Not sure what your baby needs? Frustrated by your toddler's tantrums? Wish there was less yelling and more fun at home?

Join this group to learn more about raising little ones and how to make parenting a little easier.

• Have a chance to connect with other parents dealing with the same issues as you.
• Get guidance on your child’s temperament and development.
• Find new ways to help your child learn through playtime.
• Discover how to calm your little one when they are overwhelmed and learn strategies for managing challenging behavior.
• Think about daily routines that make family life easier.
• Earn gift cards for completing questionnaires to aid evaluation of the program!

This curriculum is based on ZERO TO THREE’s mission is to ensure that all babies and toddlers have a strong start in life. Visit: zerotothree.org.

Location:
Virtual - Zoom

Day and Time (two options):
Mondays: 12:15—1:45 PM or 7:00—8:30PM

If you are interested in the group, contact us at:
541-342-8437