

Parenting as a Spiritual Journey (or Parenting from your Core)

Offered in four consecutive 6-week segments, this class allows men and women with young children to explore three relationships; with God, with self, and with those in your care. In order to give children what most helps them grow and flourish, we must be attentive to our own inner life center, or “core” and live from there. This class is not about parenting techniques and aims to take the pressure off parents to “do it right.” The class is experience oriented, with readings and activities assigned weekly. Participants will gain understanding from research in child development, sharpen observation and problem-solving skills, engage in self-knowledge and self-care, and foster awareness of God in daily life through simple spiritual practices. This class is ideal for couples and for single parents of children birth-five years of age.