

Rooted in Love Workshop

the art of mindful parenting

- Emotional intelligence in parenting,
- mindfulness and self-care,
- breaking generational patterns.

WHEN

April 3, 2025

LOCATION

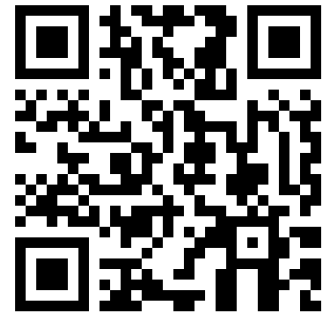
Family Resource Center
2500 NE Twin Knolls Drive
Bend, OR 97701

TIME

5:30-7:00 PM

REGISTRATION FREE

Includes light dinner & Childcare



541-389-5468
option 2



Nikki is passionate about helping others create transformation in the journey we call parenting! Through mindfulness, self-care and emotional awareness, we can begin to cultivate connected and awakened families.

