



Simplicity Parenting the Natural Way

Wondering how to bring the benefits of connecting with nature into your family life? Looking for a way to rebalance and sooth strained nerves? Together we will explore what a child in "soul fever" looks like and how getting back to nature can reset their systems.

This parent workshop will help you tune into the wisdom of the natural world, fostering natural rhythms in family life, play and crafts with natural materials, and strategies for allowing childhood to unfold naturally, leaving space for creativity, connection, and resilience. In this four-part series we will look at simplifying four layers of family life: the physical environment and toys, rhythm to ease daily tensions, schedule and activity balance, and filtering adult concerns, media, and screen use.

Wednesday, September 26th 7PM

Free Introductory Evening to a Four-Part Series with Jennifer Goodman

Sponsored by Parks & Recreation

Four-Part Series: Wednesday Evenings

October 3rd, 10th, 24th, & Nov 7th 7PM - 9:00.

Cost is \$185 for four sessions.

Location: Parks & Recreation Office, 246 Dudley Rd 02459

Register at www.activityreg.com

Call 617-796-1510 or email parks@newtonma.gov

Space is limited to 12 participants



Jennifer Goodman's Bio

Jennifer Goodman, M.Ed. is a family counselor and parent coach, working with children on challenges ranging from ADHD to anxiety, stress, divorce, anger, and social wellbeing. She finds that with the right support, children often come back into balance without medical intervention, freeing them to relax into childhood. She is a certified Waldorf Collaborative Counselor, Simplicity Parenting Counselor, and Social Inclusion Coach, with an M.Ed. in Counseling. She practices whole child counseling, trusting that children have the innate wisdom to grow into their own unique blueprint of themselves, with support and orientation from the adults in their lives.

