



Mindfulness for Parents

Wed., Oct. 4 at 7:00 pm

Mindfulness can help you navigate parenting. Learn to be fully present in shared moments of joy as well as comforting a colicky baby, responding to toddler tantrums, or communicating with teenagers. **Registration Required.**



Parent Community Link

Partnership with CCSD#46 and Foundation46, Parent Community Link connects parents, educators and community members/organizations.

Grayslake Area Public Library District
100 Library Lane Grayslake IL 60030
www.grayslake.info (847) 223-5313



Persons with disabilities can arrange for special assistance with library programs by calling (847) 223-5313 two weeks prior to any program.