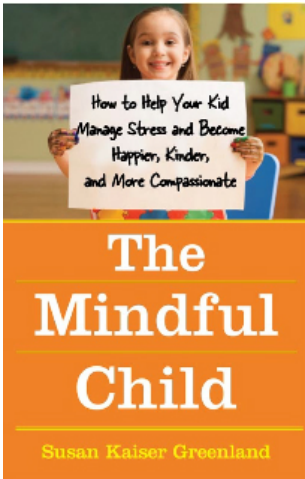


You're invited to attend the
12th Annual
Edna S. Thomas Lecture Series

The Mindful Child:
*How to help your kid manage stress and become
happier, kinder and more compassionate*

presented by **The Edna S. Thomas Fund of
The Community Foundation of Middle Tennessee**

October 27, 2011 · 7:00 PM
University School of Nashville
USN Auditorium · 2000 Edgehill Ave. (Admission is FREE)



Learn the new **ABC's** of **attention**, **balance** and **compassion** from Los Angeles-based speaker and author Susan Kaiser Greenland. Discover ways to help children take a few moments before responding to stressful situations, be aware of their own healthy inner compasses, and become more thoughtful, resilient, and empathetic. Drawing on her transformative and groundbreaking book, *The Mindful Child*, Greenland will present tools from which all children-and all families-will benefit.

A former corporate attorney, **Susan Kaiser Greenland, JD**, is the founder of the acclaimed Inner Kids program affiliated with UCLA's Mindfulness Awareness Research Center and has become the nationally recognized leader in teaching mindfulness awareness to children and teens.



susankaisergreenland.com

SPONSORS

Belmont Weekday School, The Children's House of Nashville, Harding Academy, Linden Waldorf School, Loews Vanderbilt Plaza, St. George's Kindergarten, University School of Nashville, Westminster School for Young Children, Woodmont Baptist Weekday School

More information at **cfmt.org/events** or by calling
The Community Foundation at **615-321-4939**.



Join Our Mailing List!

[Forward email](#)



This email was sent to judytilewis@comcast.net by givingback@cfmt.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

The Community Foundation of Middle Tennessee | 3833 Cleghorn Ave., Suite 400 | Nashville | TN | 37215