

Resilient Families, Inside & Out (RFIO)



Solstice Gathering Event

Saturday June 22, 11 a.m. - 2 p.m.

You are invited to join us in supporting and contributing to the successful and continued delivery of parenting education and mindfulness programs in our community

- Where:** River Front Park Railroad area at the Labyrinth, Wenatchee
- What:** Yogis & Yoginis doing and leading Sun Salutations for contributions
- Who:** You (teachers, yoga and mindfulness practitioners and enthusiasts, "never-done-yoga" folks, friends, the curious, all are welcome)
- Why:** To support existing and expanded programming that develops individual knowledge and skills around parenting, mindfulness, and yoga for the health, growth, and well-being of our children.
- How:** 1) Come as you are. 2) You are also invited to contribute and/or solicit contributions from others.

Tentative Schedule

11:00 - Welcome & First set of Sun Salutations
11:30 - Second set of Sun Salutations
Noon - Third set of Sun Salutations
12:30 - Fourth set of Sun Salutations
1 p.m. - Fifth set of Sun Salutations
1:30 - Sixth set of Sun Salutations

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Registration Form

Name: (Person sponsored): _____

Name: (example: Jonny Loves Yoga) _____

Sponsor (Business or person)	Contact info (phone/e- mail/address).	Contribution amount (one- time pledge)	pledge/sun salute	# salutes completed	Total Pledge/ Amount Paid
1. Eg: Jonny's brother	667-6544	\$10			\$10.00 / \$10.00
2. Eg: Jonny's mother	555-1212		\$0.50/sun salute	eg.10 completed	\$ 5.00 / \$5.00
1.	_____				
2.	_____				
3.	_____				
4.	_____				
5.	_____				
6.	_____				
7.	_____				
8.	_____				
9.	_____				
10.	_____				
11.	_____				
12.	_____				
13.	_____				
14.	_____				

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Mission Statement: To make mindfulness and parent education and support accessible to all, regardless of fortune, privilege and/or status through educational opportunities.

Since 2009, with support from a three-year capacity-building grant, Washington State University Chelan County Extension, Family and Human Development programming is providing and integrating parenting and mindfulness education locally. A team of dedicated and trained instructors and grant funding established yoga and parent education programs that delivered more than fifteen intensive 16-to-24 program-hour programs to more than 288 participants parents and adults at Chelan County Regional Justice Center (CCRJC), The Center for Drug and Alcohol Treatment (The Center) and the greater Community. Evaluations are confirming that this research-based program is creating resilience among participating parents. Specifically, participants increase their skills for managing stress, self-worth, self-compassion, parenting knowledge, knowledge of how to support positive child development, confidence in the parental role, and sense of connection to family members.

This education is so vitally important because of our children. Educating and supporting parents is one of the best approaches to insure every child is brought up in healthy, loving, positive, supportive learning environments, and practicing mindfulness helps support this. The need now for parenting and mindfulness education in our community is as great as ever. Children who are raised mindfully grow up happy and healthy.

An informational table will be offered at the event for you to learn more about **Resilient Families, Inside & Out (RFIO) Programming**. Explore options for professionals, practitioners, and families to support the program and cultivate your own skills in parenting and mindfulness practice.

For information about the event or the **Resilient Families, Inside & Out (RFIO) Program**, please contact:

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