

WELLNESS FOR PARENTS: I WILL WITH GOD'S HELP

Living Compass offers a companion *28-Day Prayer, Reflection & Practice Guide* for this, and other, topics. This 48-page guide is divided into four sections: HEART, SOUL, STRENGTH, and MIND, each focusing on a different dimension of wellness. Designed for use by both individuals and groups of any size, the guides feature a daily prayer or scripture, a reflection, and an opportunity for practice. Topics covered in our **Living Compass Starting Points Series** include: *Wellness for Parents, Conscious Eating, Spiritual Practices, Grief, Aging Well, Emotions, Healthy Relationships, Forgiveness*, and more. For a current list of topics and resources, visit livingcompass.org.



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Image: Taking Time to Wonder
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About **LIVING COMPASS**

Living Compass is based on the belief that there is a deep, life-giving connection between faith and wellness. Our faith acts like a compass to help us check our bearings while providing ongoing direction for our lives. And, the journey toward wellness requires the care and support of others—we cannot be truly well by ourselves.

The **Living Compass** ministry provides a structure and a process for this journey for both individuals and communities. The materials help us name what God is already saying to us. Then, with the support of others, we can take steps that lead toward the wellness and wholeness that God desires for us.

For more information:

LivingCompass.org • 414.964.4357

STARTING POINTS SERIES

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A timeless piece of parenting wisdom, as our children learn how to cross the street, is to teach them to “stop, look, and listen.” We want our children to develop the habit of stopping, looking, and listening for any potential dangers in other areas of their lives, as well, so they may safely navigate their way when we are not there to hold their hand. To “stop, look, and listen” is also great advice for parents as we seek our own wellness and balance. Our companion *28-Day Prayer, Reflection & Practice Guide* invites us to stop and to listen to ourselves, to our children, and to the One who has gifted us with this sacred call of parenting. Will we find a way to somehow balance our own wellness with that of our children? Yes, we will, with God’s help, and with the help of others.



HEART • SOUL • STRENGTH • MIND
outfitting for the journey