



# Gifted in Paradise



**Parents Please Join Us**

**Tuesday, December 4, 2018**

**6:00-7:30 p.m.**

**15002 N 32<sup>nd</sup> St. Phoenix, AZ 85032**

**District Administrative Center - Governing Board Room**

## Mindfulness

Young gifted students can be wonderfully (and awfully) intense! Intellectual, emotional, sensory, and/or behavioral intensity can create feelings of being “out of sync” with parents, peers, or even with themselves. Those with academic or other challenges combined with high IQ can experience such intensity even more keenly. What are the expected behaviors in young gifted children? And what are risk factors and “red flag” behaviors that may lead to greater concerns? How does this affect the family? And how can we as parents find help? Get answers to these questions and more, as we explore how we can incorporate a more mindful way of being in our own lives and in how we respond to our children. Exploring how we can pause, reflect, adapt, and adjust – how we can be less reactive and more “present in the moment” – often leads to reductions in stress levels and improvements in quality of life, regardless of the challenges we or our children face. Dr. Wingers will also share mindfulness-based intervention approaches with our students and teachers in a series of classroom presentations with students and professional learning for our teachers.

**About the Speaker:** Laura Wingers, PsyD, is a clinical psychologist and the founder of CENTER Psychology & Consulting, located in Scottsdale, Arizona. With a background in pediatric neuropsychology, clinical psychology, and school psychology, Dr. Wingers’ professional focus includes early childhood development; gifted intellect and developmental asynchrony; dyslexia and other learning differences; ADHD and executive function impairments; anxiety and mood disorders; and mindfulness-based intervention approaches. She consults with individuals, families, and schools on meeting the needs of gifted learners and is passionate about finding answers and meeting challenges with understanding and hope.

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