



Zen Parenting Radio

ZEN TALKS WITH TODD AND CATHY

3x's a month - 35-minute - live/recorded talk - \$25 per month

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May - Awareness

May 10 - Self-awareness

May 15 - Marriage/relationship awareness

May 26 - Parenting awareness

June - Mindfulness

June 7 - Mindfulness

June 12 - Marriage/relationship mindfulness

June 30 - Parenting mindfulness

July - Compassion

July 5 - Self compassion

July 10 - Marriage/relationship compassion

July 28 - Parenting compassion

August - Change

August 14 - Self change

August 23 - Marriage/relationship change

August 28 - Parenting change

*Subscribers will receive a link via email to join each talk. All talks are via **ZOOM video** and are recorded. Live participants can ask questions.*

All subscribers will receive a video link of each talk, so live participation is not essential. You can unsubscribe at any time.