



parentingOC PRESENTS...

# PARENTS ARE PEOPLE TOO!

## THE CREATIVITY & WELLNESS RESET SERIES

**FREE!**

# ISN'T IT TIME TO PRIORITIZE YOU?

MODERATED BY JANEANE BERNSTEIN

Zoom Workshops Thursdays from 3:00pm to 4:00pm, starting July 14...

**July 14** – “Creative Wellness with Art Therapy”  
with Diana Shabtai

**July 28** – “The Power of a Growth Mindset”  
with Dr. Regine Muradian

**July 21** – “The Art of Listening”  
with Joni Ravenna & Joshua Townshend

**August 4** – “Mindfulness 101”  
with Anthony Cupo



**DIANA SHABTAI,**  
PSY.D., ATR-BC.

With a Masters degree in Clinical Art Therapy, MA in Marriage & Family Therapy & a Doctorate degree (Psy.D.) in MFT, Shabtai is a passionate advocate for the therapeutic benefits of art. At her art studio in Newport Beach, Art Therapy OC, you'll find her dog, Mr. Snickers, by her side.  
[www.ArtTherapyOC.com](http://www.ArtTherapyOC.com)



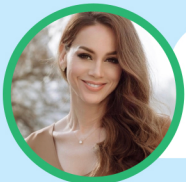
**JONI RAVENNA**  
(AKA J.R. SUSSMAN)

Ravenna is an award-winning playwright, journalist and co-author of "You Let Some GIRL Beat You?" (Behler, 2012) which Forbes called "a stunning portrayal of one of today's legendary women's basketball treasures." Last year, the book placed runner up (from over 1800 published books) by Pipeline Group. [www.joniravenna.com](http://www.joniravenna.com)



**JOSHUA TOWNSHEND**

Specializing in creative development for writers, actors, and presenters, Townshend is a highly sought-after coach for film, theatre, video, books, performance art, and spoken word. Joshua also weaves his work as an Alchemist and Phenomenologists into all of his endeavors. [www.joshuatownshend.com](http://www.joshuatownshend.com)



**DR. REGINE MURADIAN**

Dr. Regine Muradian is a licensed clinical psychologist, children's author, speaker, consultant and mental health advocate. Dr. Muradian works with children, adolescents, and adults. She has been featured in such media outlets as Good Day LA, Architectural Digest, Huffington Post, MSN, and Healthline. [www.reginemuradian.com](http://www.reginemuradian.com)



**ANTHONY CUPO**

A regular contributor to Parenting OC, Anthony Cupo is a Trained Mindfulness Facilitator (TMF) from the UCLA Semel Institute for Neuroscience and Human Behavior. He is a co-owner of Stepping Forward Counseling Center, LLC and has been meditating for over 30 years. [www.stepsforwardcounselingcenter.com](http://www.stepsforwardcounselingcenter.com)



**JANEANE BERNSTEIN**

Bernstein, Ed.D. is a journalist, mental health advocate, and author. She hosts GET THE FUNK OUT! on KUCI 88.9fm and OUTSIDE THE BOX, a mental health & wellness podcast/event series. She is the author of GET THE FUNK OUT, %^&\* Happens, What to Do Next! [www.janeanebernstein.com](http://www.janeanebernstein.com).

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