

With *Pathways to Family Wellness* magazine, practitioners in your community are hosting Pathways Gathering Groups so families can come together and share their experiences and visions for conscious living choices.



### **Pathways to Family Wellness' Vision**

*Pathways* envisions a world of thriving, empowered families who easily connect to the inner and outer resources, practitioners and supportive community needed to create wholeness on all levels of existence. We believe stepping onto our personal pathway to wellness is a consciousness-raising act with the power to regenerate and transform ourselves, our families, our communities and our world. With our holistic and expansive vision as our guide, *Pathways* collaborates with consciousness leaders, cutting-edge scientists and researchers, families on their conscious path, holistic practitioners and dynamic nonprofit organizations to bring the most current insights into wellness to our readers.

### **How Does Pathways Connect Work?**

- Pathways Connect is a nonprofit, educational, wellness program and is free to parents.
- Pathways Connect is a turn-key program because of the outstanding resources provided for participants through your community health care provider.
- Gathering Groups are self-directed and may decide for themselves how to respectfully share their individual insights for creating family wellness. Groups meet quarterly, monthly or weekly to discuss issues most important to their family wellness lifestyle. The practices that are hosting these gatherings offer complimentary *Pathways* magazines and a *Dialogue and Resource Guide* with each quarterly issue.
- Pathways Connect Gathering Groups are free to parents because they are sponsored by members of the International Chiropractic Pediatric Association, ICPA, or the Holistic Pediatric Alliance, HPA.

**Find your local group online,  
or start one in your community, at:  
[PathwaystoFamilyWellness.org](http://PathwaystoFamilyWellness.org)**

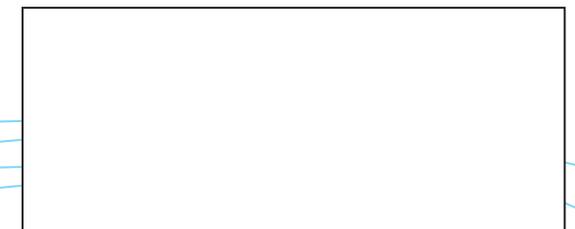


A Nonprofit Educational Project by  
*Pathways to Family Wellness Magazine*

# Engage Your Conscious Choice Community

**Supporting Your Family's Wellness  
with Local Connections  
and National Resources**

**PARTICIPATE IN YOUR LOCAL  
PATHWAYS CONNECT  
GATHERING GROUP HERE:**



## Benefits of a Pathways Connect Group: Information, Resources and Support

- Trustworthy and current information from the conscious choice magazine, *Pathways to Family Wellness*.
- Outstanding resources provided through Pathways Connect's quarterly *Dialogue and Resource Guide*.
- Continuous support for your individual family wellness choices from your local Pathways Connect group.

Pathways Connect provides you with the information, resources and support for your individual pathways to family wellness. Pathways Connect providers offer you the practical tools and quarterly materials to create your sustainable, local self-directed community.

## What Are Some of the Topics Discussed?

Family Living! While *Pathways to Family Wellness* can provide your group with national resources and health reasons for conscious family living, your group can share where those local resources are! This is true for all of these wellness topics:

- Birth and pregnancy
- Breastfeeding benefits
- Compassionate parenting
- Sustainable and environmentally-friendly choices
- The science of wellness
- Nutrition, including gluten-free, whole foods and seasonal recipes
- Child development
- Educational reform
- Mindfulness practices and positive thinking
- Community building
- Global shift to wellness



Photos by Cindy Toelle • cindytoellephotography.com

## “We were never meant to do it alone.”

– Eloquently expressed by Robin Grille, the author of *Parenting for Peace* and *Heart to Heart Parenting*.

As Robin Grille writes, he is constantly surprised at the amount of “parenting advice” that is all about the child and the parent when **no culture in human history, until now, has ever raised children without extended family and community present for support.**

Throw into the mix a desire by a family to make “conscious choices” in this same fragmented industrialized culture that views wellness as competition for its products and busyness lifestyle, and you can have a recipe for exhaustion as well as isolation and confusion.

As Grille writes in *Heart to Heart Parenting*, “When it comes to our perceptions of what parenting is all about, we virtually need to start from scratch because of this remarkable phenomenon: the way we perceive our children changes altogether when we feel emotionally supported... **Our choices and responses are entirely different according to how well supported we are and how fulfilled we are in ourselves.** Parenting is a pleasure and our children are more settled and happy when we parents have enough support.”

**Parents, take this opportunity to meet like-minded community members and utilize these groups to build social and health connections. Participation at Pathways Connect Gathering Groups does not require membership or fees of any kind...ever. Come, take some time out of your day to nourish and expand your parenting options.**