



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Mindfulness for Parents

Learn how mindfulness can grow a deeper connection with your child. As we become mindful caregivers, we become better at regulating thoughts and emotions and more self-attuned. This is reflected in our approach to our children and ultimately in our ability to help them on the journey of positive behaviors and self-control.

You are invited to join us for a discussion about mindfulness, including a DVD featuring Thich Nhat Hanh, who brought the practice of mindfulness to the US.

Who should attend?

Caregivers of children of all ages

Workshops are free!
Refreshments provided
Registration required

When:

Wednesday

January 23, 2019

9:30 am to 11:30 am

Where:

Mental Health Association Family Support Services

320 North Goodman Street, Suite 202

Rochester, NY 14607

For more information and to register, call:

(585) 325-3145, ext.150