



Parent Support Network Presents: Working with Anxiety & Stress Through Mindfulness

**8-Week Virtual Mindfulness Program
for Parents and Caregivers
with Family Leader Protibha Gupta**



**Thursdays Sept. 22nd - Nov. 10th, 2022
12pm-1pm**

Join us to:

- **Learn mindful approaches to dealing with anxiety and stress**
- **Connect with mind and body through guided meditations**
- **Build resiliency and well-being**
- **Connect with other parents/caregivers who have children with disabilities or medical complexities**

For more information and registration:

https://8-Week_MindfulnessSept2022.eventbrite.ca

**If you require special accommodations or have questions,
please contact Family Support Specialist Steph Moynagh at
smoynagh@hollandbloorview.ca.**

416-425-6220 ext. 6146