

Do you have a son or daughter (or family member) with an intellectual disability?

Mindful Parents

6 week program

for parents and caregivers

Wednesdays, September 27 to November 1, 2017

6pm – 8pm

20 Spadina Road

Conveniently located right by Spadina Subway Station
Parking available in the back

Member fee: \$25

Non-member fee: \$35



Come and learn about Mindful Parents, specifically designed for parents, siblings and caregivers. Participants will come away with a tool kit of Mindfulness practices to increase well-being for families in real life, help them connect, lower stress and improve focus.

Facilitated by Sue Hutton, MSW

Sue has trained with Jon Kabat-Zinn, and leads Mindfulness sessions for families

To learn more about most recent research on benefits of mindfulness for parents of children with disabilities please visit <http://cltoronto.ca/mindfulness-for-caregivers/>

This program is generously funded in part by Central Region Council

Register online at
MyCommunityHub.ca

Register online for [Mindful Parents on MyCommunityHub.ca](http://cltoronto.ca/mindfulness-for-caregivers/)

For further information contact us at 647-729-1209 or
yprudova@cltoronto.ca

If you require child-minding, please inquire when you register

