



Parent Support Network Presents: Resiliency Through Mindfulness

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



**Mondays June 7th - July 26th, 2021
7pm-8pm**

Join us to:

- **Connect with mind and body through guided meditations**
- **Cultivate self-compassion, lovingkindness and gratitude**
- **Build resiliency and well-being**
- **Connect with other parents/caregivers who have children with disabilities or medical complexities**

For more information and registration:

https://resiliency_through_mindfulness.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