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