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