



Parent Support Network Presents: 'Everyday Mindfulness Practices' Weekly Drop-in with Protibha

**Weekly Drop-in Mindfulness Group
for Parents and Caregivers
with Family Leader Protibha Gupta**



**Thursdays Jan.12th - March 9th, 2023
12pm-12:30pm**

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://Everyday_Mindfulness_Practices.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