



Join us on Monday, Jan 14th & 28th
MINDFULNESS Parent Education
Workshops in English
6:30-7:30pm in the MPR

- Learn about our schoolwide program
- Practice Mindfulness exercises
- Discuss Mindful activities to try at home
- Understand the neuroscience
- Look at Growth Mindset concepts
- Share resources for Mindful parenting

Child care for school aged children will be available.

**Talleres en el español = el 4 y 11 de febrero.*



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