



Mindfulness Stress Reduction 2021 Series

GOT STRESS? We Can Help!

This ongoing series is an opportunity for **parents, caregivers and youth with disabilities** across New York State to meet virtually and learn how **mindfulness can help with change and planning for the future.**

Join us to learn **strategies and techniques** to **reduce stress and for a chance to connect** with **other youth and their families.**

Mindfulness is a way of **paying attention** to whatever is **happening in our lives,** both inside and out.

October 14
October 28
November 11
7:00 PM - 7:45 PM

NO FEES - ALL ARE WELCOME - REGISTER TODAY!

Register once and receive the link for all events to sign in!

email: info@parentnetworkwny.org | call: 716.332.4170

www.parentnetworkwny.org/events



Developmental
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Planning Council

