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.

45 Minutes Every Two Weeks!
7 pm

March 18
April 1, 15, 29
May 13, 27
June 10, 24
July 8, 22
August 5, 19
September 2, 16, 30

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