Mindfulness Mondays
Join us to learn how to use mindfulness to reduce the stress of your parent and caregiving roles!

Do You...

- Feel stressed by your role as parent/caregiver (and everything else you do)?
- Find yourself especially overwhelmed during this COVID-19 pandemic?
- Feel responsible for things you cannot control or do not feel confident doing?
- Want to discover how mindfulness can help?

Monday
May 4th
7:00 PM
Live Talks with Dr. Mindy Scirri!

Join from your computer, tablet or smartphone:
https://global.gotomeeting.com/join/349214709

You can also dial in using your phone.
United States: +1 (872) 240-3412
Access Code: 349-214-709

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ABOUT THE HOST

Mindy Scirri, Ph.D., is a Learning (Dis)abilities Specialist with over 20 years of experience in the direct service of K-12 and college students with and without special needs. Dr. Scirri also has over 10 years of experience in teacher preparation and has presented to administrators, teachers, support staff, and parents at local, state, national, and international venues.

She currently collaborates with Mount Saint Mary College’s Center on Aging and Disability Policy and the Parent Network of WNY to bring Mindfulness-Based Stress Reduction (MBSR) to parents and caregivers of individuals with special needs.