

Workshop for Families

The presentation will include:

- What is mindfulness?
- How and why can it help?
- Practices to improve well-being and mental health.
- Wellness techniques to reduce stress, anxiety, and overwhelm.
- How to support yourself and your children during challenging times. We provide tools to support families of all faiths and none.



Speaker

**Amber
Pavey**

Present Possibilities:
www.presentpossibilities.ca

Date & Time

**Thursday, June 12
6:30 PM - 8:00 PM**

**Escuela Eugene Coste
Learning Commons**

10 Hillgrove Cres SW

Free Entry

Adults only

No RSVP Necessary