



Mindfulness Based Stress Reduction for Parents of Children aged 0 – 6



Who: For parents of children aged 0 – 6 who are interested in making changes related to the stress and anxiety in their lives. This program will give you new tools to help you cope with stress and your reactions to stress.

What: The Mindfulness Based Stress Reduction program includes practical instruction about stress and stress responses, and intensive training in mindfulness techniques such as meditation, yoga, breathing and relaxation. You will be asked to practice these techniques at home for 45 minutes every day with resources provided to support your practice.

Where: Carleton Place

When: The program consists of:

- an information session on **Tuesday February 15, 2011**
1:00 – 2:30 pm
- plus nine consecutive Tuesday afternoons from **March 8 – May 3, 2011** **12:30 – 3:00 pm**
- note Tuesday April 19th is all day from 9:00 am – 3:30 pm

Cost:



For more information or if you are interested in participating, please call Hinda or June Kvamme at 613-259-2182 or 1-866-762-0496. We can help subsidize childcare costs.



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