

**An Introduction to Mindfulness:
A group for parents or guardians of SCDSB students**

Creating our own calm is essential in helping our children to manage their own emotions and behaviours. Mindfulness can help us be aware of our thoughts and feelings, respond instead of reacting, live in the present and reduce stress and worry.

This is an introduction to mindfulness course that will provide participants with an opportunity to learn what mindfulness is, practice mindfulness exercises and discuss ways to implement mindfulness into daily life.

The three-session series will cover mindfulness basics, practicing gratitude and nurturing compassion.

No mindfulness experience necessary. This is an online interactive course with small group discussion, sharing of material and short mindfulness practices.

To express interest, please email studentwellness@scdsb.on.ca or call 705-734-6363 ext. 11987 and provide your name and contact information to learn more.