

A Greenwich Public Schools Dare2Care Program

MINDFULNESS PARENTING WORKSHOP ELEMENTARY Building Better Brains through Social Emotional Learning

Presented by Dr. Fabian and Alina A. Boie
School Psychologists



Join us on
June 5, 2018
from 7.00 p.m. to 8.30 p.m.

Location: Central Middle School

TOPICS

- ✧ Learn what mindfulness is (and isn't)
- ✧ Review the basic science and research supporting it
- ✧ Experience mindfulness-based activities that can be performed anywhere
 - ✧ Explore ways to incorporate mindfulness into daily parenting practice
 - ✧ Promoting valuable social emotional skills such as empathy, self-control, self-awareness and attention.

Event sponsored by the PTAC Health & Wellness Committee

To RSVP email: ptachealth@gmail.com