



MINDFUL COMMUNITY
TALKING MENTAL HEALTH
TOGETHER

Everyday strategies for Regulation: How to Use Movement and Play with Elizabeth Warner Ed.M., Psy.D.

This event is for parents and caregivers of preschool and elementary school-aged children.



Elizabeth Warner Ed.M., Psy.D. is a licensed psychologist with 40 years of experience working with children and families in psychiatric inpatient and outpatient settings (in training at Boston University Medical Center), schools, clinics and residential treatment and has had a private practice in Boston for adults and families for 37 years. She is a Founding Partner in SMARTmoves LLC, since 2018, and trains and consults to therapists and early childhood programs.

If you are interested and would like to attend a follow up group, please contact Christine Weitzel: cweitzel@needhamma.gov

**In person Thu, Oct. 24, 2024
7:00 - 8:30pm
The Center at the Heights (CATH)**

In partnership:



For more info:

<https://needhamcouncil.org/programs/mindful-community/>

This Event is Free and Open to All

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**REGISTER USING LINK BELOW
OR SCAN QR CODE
<https://bit.ly/MindfulOct24>**

