

O.P.E.N. Invites You To Attend Our Upcoming Community Meeting!

Who: Michelle Martin, ED.S.
Founder and Director of INSIGHT Learning & Wellness Center

What: Tap away Tears & Fears
Empowering Parents to Help Children
Using Mindfulness / Meditation - Breath & Tapping

When: Thursday, November 30th, 6:30 - 8:00 p.m.

Where: Insight Learning & Wellness Center
25901 Emery Road, #112, Warrensville Hts., Ohio 44128
(Please use rear entrance at back of building)

The holidays are coming! It can be a stressful time - but you can prepare now. Join us for an opportunity to build "**Calm Down Tools**" for you - and your children!

Michelle Martin, ED.S., a School Psychologist specializing in helping children and their parents for over 32 years, will teach us 5 easy approaches / methods to help you and your children stay centered and calm, as well as to help children diminish frustration and problematic behaviors.

- Learn the power of **yogic breath** and activating the vegas nerve
- Learn 3 beginner and **kid-friendly mindfulness / meditation exercises**
- Experience an intro to **tapping** - using acupressure points to calm emotions

 insight
Learning & Wellness



Adults Only Please! Kindly RSVP to Courtney at OrangescdOPEN@gmail.com



O.P.E.N. is a community of parents in the Orange School District, who through collaboration, advocacy and education, seek to empower and bring academic and life success to students with learning differences and special education needs. O.P.E.N. welcomes everyone! We encourage families whose children have special needs, learning or attention differences, an Individualized Education Plan (IEP), 504 Plan, or are just curious to learn and network with others.