

Mindfulness Training for Parents

Mindfulness is a way of relating directly to whatever is happening in your life, meeting your experience skillfully and with an open heart. Mindfulness training is an antidote to the habitual response patterns that lock us into routines that undermine emotional and physical health.

This training group will meet Wednesdays for 6 weeks. If you are interested in participating in this training, please note that registration and the ability to commit to all sessions will be required.

Workshops are open to parents of children with intellectual and developmental disabilities (I/DD) and will be supported by parents and YAI staff.

Wednesdays 5:45pm-7pm, starting October 7th
460 W 34th St, New York, NY 10001

For more information call Laura Mitchell
at **212.273.6211**