



# Mindfulness Based Stress Reduction for Parents of Children aged 0 – 6



**Who:** For parents of children aged 0 – 6 who are interested in making changes related to the stress and anxiety in their lives. This program will give you new tools to help you cope with stress and your reactions to stress.

**What:** The Mindfulness Based Stress Reduction program includes practical instruction about stress and stress responses, and intensive training in mindfulness techniques such as meditation, yoga, breathing and relaxation. You will be asked to practice these techniques at home for 15 – 20 minutes every day with resources provided to support your practice.

**Where:** Lanark Health & Community Services  
30 Bennett Street, Carleton Place, ON

**When:** The program consists of:

- an information session Tuesday February 21 12:30 – 2:00 pm
- plus nine consecutive Tuesdays from March 20 – May 15, 2012 12:30 – 3:00 pm
- note Tuesday May 1<sup>st</sup> is all day from 9:00 am - 3:00 pm

**Cost:**



**For more information or to register,  
please call Hinda or June Kvamme at  
613-259-2182 or 1-866-762-0496**

We can help subsidize childcare costs.  
Limited transportation available.



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