



# Mindfulness Stress Reduction 2021 Series

## **GOT STRESS?** We Can Help!

This ongoing series is an opportunity for **parents, caregivers and youth with disabilities** across New York State to meet virtually and learn how **mindfulness can help with change and planning for the future.**

Join us to learn **strategies and techniques** to **reduce stress and for a chance to connect** with **other youth and their families.**

Mindfulness is a way of **paying attention** to whatever is **happening in our lives,** both inside and out.

**45  
Minutes  
Every Two  
Weeks!  
7 pm**

March 18  
April 1, 15, 29  
May 13, 27  
June 10, 24  
July 8, 22  
August 5, 19  
September 2, 16, 30

**NO FEES - ALL ARE WELCOME - REGISTER TODAY!**

*Register once and receive the link for all events to sign in!*

email: [info@parentnetworkwny.org](mailto:info@parentnetworkwny.org) | call: 716.332.4170

[www.parentnetworkwny.org/events](http://www.parentnetworkwny.org/events)



Developmental  
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Planning Council

