

# LEARN & SHARE

## Mindfulness for Parents of Young Children

### 正念養育孩子



United Way Avenues of Change presents a Learn & Share event on “Mindfulness for Parents of Young Children” in Mandarin / Cantonese. Mindfulness is a powerful tool for decreasing anxiety, dealing with stress, promoting happiness and general health and well-being. In this event, speaker will introduce the concept of mindfulness and some simple ways to start a mindfulness practice. Parents and caregivers will learn some new techniques for managing stress and anxiety along their parenting journey. This topic is tailored for parents and caregivers of young children 0-6 years old.

**Friday, July 10, 2020, 10:00 am to 11:30 am**

**Online via Zoom Meeting**

“正念養育孩子” 粵語/普通話講座，主讲嘉賓加拿大社區情緒健康協會正念導師將介紹正念的理念，以及正念練習的簡單方法。正念是減輕焦慮、應對壓力、增進幸福感、促進整體身心健康的有力工具。此主題是專為0-6歲兒童的父母量身定製，歡迎住在列治文市有0-6歲小孩的家長參加。

**2020年7月10日，星期五，上午10時至上午11時30分**

**在线讲座: Zoom Meeting**

**Speaker 主讲嘉賓: Mindfulness Instructor, Community Mental Wellness Association of Canada**

**加拿大社區情緒健康協會正念導師**

**Registration 報名: [Eventbrite.ca](https://www.eventbrite.ca)**

**( 通过 [Eventbrite](https://www.eventbrite.ca) 登記獲取 Zoom Meeting 鏈接 )**

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扫描二维码在线登记  
Info & Registration



**United Way**  
Lower Mainland

