



## Mindful Parent Break: For Parents with Anxious Children

*This 5-week webinar series will lead you in mindfulness practices to help you manage stress and anxiety around parenting anxious children. Each week offers some parenting concepts and a different mindful strategy.*

**Date: Every Tuesday between November 10th - December 8th, 2020**

**Time: 10:00am – 10:45am** (with an optional 5 mins Q&A time)

**Location: Online** – a link will be sent via email

**Register Now at: <https://bit.ly/2I1MjQG>**

Or call 604-233-3223



***Participate weekly or drop-in when you can!***

*Priority will be given to Richmond parents and caregivers of children ages 12 and under*

**Vancouver  
CoastalHealth**

***Presented by VCH Richmond MHSU - Family & Child Counselling Program***

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