

Partnership in Action Learning Series

MINDFULNESS IN FAMILY LIFE

Balancing the demands of work, life and family and staying well in the process is no small feat. Research has shown that the practice of mindfulness is a very helpful strategy. Mindfulness will not eliminate the pressures of work and family life but it can help us respond to them in a calmer manner that benefits our heart, mind and body.

Join us for a free 8-week class starting October 25th!

Who: For parents & caregivers of children, youth & young adults

Where: Discovery Office, 206 - 96 Cavan Street, Nanaimo

When: Tuesdays, 7:00 to 8:30pm, Oct 25th to Dec 13th, 2016

Facilitator: Jennifer Keane, M.Ed., therapist at NARSF and long-time practitioner and teacher of mindfulness.

To register, call Discovery at 250-739-5790
or email your name and contact info to discovery@viha.ca

*This Partnership in Action Learning Series is brought to you by
Island Health Discovery Youth and Family Substance Use Services
and NARSF Programs Ltd.*

