

## **MINDFUL PARENT BREAK: FAMILY SELF CARE STRATEGIES**

*This 4-week webinar series will lead you in simple yet effective mindfulness practices to help you manage stress around parenting. Each week offers some parenting concepts and different self-care strategies to do with the family.*

**Date:** Tuesdays between February 19th to March 12<sup>th</sup>, 2021

**Time:** 10:00 – 10:45am (with optional 5 minutes for Q&A)

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

**Register Now on Eventbrite:** <https://bit.ly/2N0d9LO>  
or call 604-207-2511 ext. 234



*Priority will be given to Richmond parents and caregivers of children ages 0-12*

*Participant weekly, or drop-in when you can!*

**Presented by Richmond MHSU - Family & Child Counselling Program**  
(604) 207-2511 ext. 234 or [FamilyChildCounselling-Richmond@vch.ca](mailto:FamilyChildCounselling-Richmond@vch.ca)



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