

MINDFUL PARENT WORKSHOP

Friday, March 13th, 2020

7-8:30 pm

Mountain View High School
Cafeteria

with Lakiba Pittman
of Mission Be

JOIN US FOR MISSION BE MINDFUL WORKSHOP
FOR 9-12TH GRADE PARENTS AND CHILDREN

LEARN MORE ABOUT THE NEUROSCIENCE OF
MINDFULNESS AND STRESS REDUCTION
TECHNIQUES TO HELP YOU AND YOUR CHILD
RELAX AND MANAGE EVERYDAY STRESS.

To learn more contact us at
631 513 6151, or email us at
carin@missionbe.org or
visit us at www.missionbe.org

