



Mindfulness Techniques for Self Care

Tuesdays, 8:30-9:00 pm ~ Aug 25, Sept 1, 8, 15, 22, 29

This 45-minute self-care session is designed for adult caregivers of children. Dan Schwartzman will provide an introduction to practical breathing and mindfulness techniques, teaching useful exercises that can be done anywhere at anytime.

These evidence-based strategies assist in stress and anxiety reduction, increasing emotional balance and the possibility for healthy responses to children and others during these challenging times. This class is offered to assist you in learning strategies to enhance a sense of peace and calm in your home environment and everyday life.

During this partially live/partially pre-recorded virtual Zoom meeting, adults attending will have the opportunity to practice using the pre-recorded video sent out after each class, enabling participants to practice skills in a private setting.

About the Facilitator: *Dan Schwartzman is a Wellness Teacher at Monomoy Regional High School and a certified yoga instructor and Vipassana meditator. He is a passionate father of a 4.5 year-old-boy and 1.5 year old daughter.*

Register to gain access to this program to assure internet safety.

Email: cbiondi@capecodchildrensplace.com for the Zoom Link

For information and support call (508) 240-3310 and visit our Facebook Page or website www.capecodchildrensplace.com

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