

MINDFULNESS

reduces anxiety and distraction and increases executive control in children with learning disabilities.

YOU ARE INVITED TO JOIN OUR MINDFULNESS GROUPS STARTING THE WEEK OF JANUARY 17, 2022

At LDAPR, we are offering Mindfulness Courses to parents, caregivers, and students in a combined class. We will be teaching the basics of mindfulness including body physiology, breathing techniques, and the different ways that mindfulness can help parents and caregivers support children to become calmer, more settled and improve focus. This course is ideal for those dealing with ADHD, ASD, ODD, LD, Anxiety and Dyslexia.

AGE GROUPS: Junior (6 to 9 yrs), Senior (10 to 13 yrs) & High School

DATES & TIMES: Tuesday or Thursday evenings, or Saturday mornings

COMMITMENT: 1 hour per week, for 6 weeks

COST: FREE



[CLICK HERE](#)
FOR MORE INFORMATION &
TO REGISTER



An agency of the Government of Ontario
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