



Merrimack School District Presents



# Mindfulness:

## Support for Parents and Caregivers

Do you ever feel like stress is getting the best of you? Are your children overwhelmed? Struggling with big emotions? We're here for you!

Join Fern Seiden, Director of Student Wellness and Whitney Tave, Mindfulness & Yoga Instructor on Zoom as we learn practical ways to use and share mindfulness with the children in our lives. This is a 3-part series, featuring different approaches and tools in each 30-minute session.

While attending each of the 3 sessions is encouraged, it is not required.

**Time:** 6:30-7:00pm

**Dates:** Thursday 1/13, Tuesday 1/18, and Thursday 1/20

**Register:** <https://tinyurl.com/Mindfulness-SAU26>

**Where:** Zoom link will be emailed to you upon registration

**Last-minute planner? No Worries!** Email Fern at [fern.seiden@sau26.org](mailto:fern.seiden@sau26.org)