



Mindfulness

FOR PARENTS AND CAREGIVERS

Join us for a 2-hour online workshop that will provide context for what Mindfulness is, what it is not, and how it can impact our ability to stay present to those who depend upon us.

RSVP



THURSDAY

3.4.21

6 TO 8 P.M.

About the facilitator:

Bill Boyle is an experienced, certified restorative practitioner and facilitator of equity and inclusion learning experiences. He also has over 30 years of experience in mindfulness practices and is a member of the International Mindfulness Teachers Association. He has a BA in English from MSU, a Master of Arts in Teaching from OU and a Graduate Certificate in Restorative Practices from the IIRP Graduate School

PRESENTED BY:

