



THE CENTER FOR AUTISM  
& NEURODEVELOPMENTAL DISORDERS



## Mindfulness Wednesdays

Parents, are you feeling overwhelmed? Stressed out? It is time to take care of you!

The Center for Autism & Neurodevelopmental Disorders is offering **FREE** drop-in meditation groups. Groups will provide parents with a space to practice techniques of stress-reduction and self-care. Join us for a moment of relaxation and renewal!

Groups are open to the public and there is no cost to participate. This program is made possible by a generous grant from Autism Speaks.

**Location:** The Center for Autism & Neurodevelopmental Disorders  
2500 Red Hill, Ste. 100, Santa Ana, Ca 92705

**Registration:** Call Nicole Hadley at 949.267.0203  
or email us at [centertraining1@uci.edu](mailto:centertraining1@uci.edu)

**Winter 2019**

### **Drop-in Group Schedule**

Every Wednesday

January 8<sup>th</sup> - March 27<sup>th</sup>

9:00am - 9:30am

*Bilingual English/Spanish*

5:00pm - 5:30pm

*English*

[www.thecenter4autism.org](http://www.thecenter4autism.org)

Founding Partners



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