

Listening Community

Greenwich Public Schools

Hosted by:

Sabrina Motta, speech-language pathologist

Kristen Mulhearn, district social worker

Our Mission

To offer a safe space where parents/caregivers of children receiving special education support can come together, feel heard and connect with others. Staff will guide parents/caregivers through the process of exploring mindfulness, self compassion and reflection, with relation to the many emotions associated with parenting.

Where?

Greenwich Library, 101 West Putnam Avenue

When?

Friday mornings 9:30AM- 10:30AM

Beginning September 29, 2023- November 3,
2023

Group Norms

Be Here

Be Honest

Be Safe

Care for Self and Others

Let Go and Move On



General Listening Community Meeting Agenda

- ❖ Greeting
- ❖ Moment of mindfulness
- ❖ Group discussion about video or quote
- ❖ Parent/caregivers share their thoughts or experiences

We hope to see you soon...

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