

# **SBJC Parent Workshop**

## **Empowering Mindfulness: Nurturing Neurodiversity in Parenting**

Mindfulness can be incredibly beneficial for parents of neurodivergent kids. In this workshop, we will practice some practical tools including breathing exercises, grounding techniques, body scan, movement, and much more. Mindfulness tools can foster a sense of calm, emotional regulation, and improved communication between you and your neurodivergent child.

● October 26, 2023

● 6:30 PM- 8:00 PM

● <https://us06web.zoom.us/j/7280441873?wd=OWN4TXRyZ29CbGs1dkRtbG01TFd4dz09#success>

● Or click on the QR code to join



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