



Mindfulness For All Balsz Parents/Caregivers



**Mindfulness helps us focus our attention with openness and curiosity.
Mindfulness reduces stress and improves well-being**

This spring: Learn mindfulness and become a peer leader
May - June

(Classes meet once a week for 6 weeks, 2 hour classes with Zoom option)

Next fall: Learn mindfulness with other parents/caregivers
September - October

(Classes meet once a week for 6 weeks, 2 hour classes with Zoom option)

Reduce Stress & Receive Gift Cards



Gift cards will be given to **all parents who attend** the classes and participate in surveys or interviews

Refreshments and childcare provided for classes

Questions or want to sign up?

Contact: Natalie Gruber, ASU doctoral student & UCLA trained mindfulness facilitator natalie.gruber@asu.edu