



# The Kinship Care Resource Center and MSU Extension Present: Online - Mindfulness for Children

**DATE:**

June 12, 2024

**TIME:**

7:00pm to 8:30pm

**FREE**

Download Zoom:

<https://zoom.us/download>

Register at:

[https://msu.zoom.us/  
webinar/register](https://msu.zoom.us/webinar/register)

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For more information or

\*accommodations contact:

Courtney Aldrich

[aldric82@msu.edu](mailto:aldric82@msu.edu)

(517) 993-8649



**DESCRIPTION:**

**June 12: Mindfulness for Children**

Techniques of mindful awareness can help children learn to pay closer attention to their thoughts, feelings and emotions. Learn ways to help children reduce stress and anxiety to enhance their well being. Explore what the research says, get ideas for mindfulness activities and explore children’s literacy that supports mindfulness practices.

Kinship Caregiver workshops are a free online series of workshops that provide guidance for caregivers of children as they navigate the joys, challenges and concerns of raising children.

**HOW TO REGISTER:**

Register in advance for any of the Extension Extras webinar workshops at the following link:

<https://msu.zoom.us/webinar/register>  
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**After registering, you will receive a confirmation email containing information about joining the meeting.**

**\*Accommodations should be requested no later than 2 weeks before class**

