

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 WN_msxyZuH0QeS9MsK aD_y7Tg



For more information or *accommodations contact: Courtney Aldrich 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 WN_msxyZuH0QeS9MsKaD_y7Tg

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







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