

Community Education Service



Improving emotional health and well being

Emotional Regulation Using Mindfulness

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Are you finding it difficult to find balance in this challenging time? Explore how, for most of us, our survival responses (fight, flight or freeze) are currently going haywire. Learn how mindfulness practices can help to regulate your child's emotions, boost immunity, decrease anxieties, improve focus, concentration, and improve our overall sense of well-being. Participants will be invited through guided mindfulness activities during the session.

FREE WEBINAR

Thursday, June 4, 2020
6:30 - 8:30 PM

[Register](#)

<http://community.hmhc.ca/>