

Community Education Service



Improving emotional health and well being

Mindfulness Supporting Your Child's Social and Emotional Well-being

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This session will explore the topic of mindfulness and how mindfulness strategies can help support their child's social and emotional well-being. Explore how our brain's stress responses (fight, flight, or freeze) may impact our social and emotional well-being and how we can use mindfulness to calm our brain. We will discuss how the brain influences thinking, emotions, self-regulation, and behaviour. Improved social emotional skills using mindfulness can lead to better focus in school, better cooperation with others, improved self-awareness, self-regulation, decrease stress/anxiety, and improve our overall sense of well-being. Through an interactive session, participants will be guided through some mindfulness activities that they can use with their children and explore learning from the MindUP program.

FREE WEBINAR

Thursday, January 14, 2021
6:30 - 8:30 PM

[Register](#)

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