

Community Education Service



MORE

Improving emotional health and well being

Mindfulness for Anxiety Management

FREE Online Session

The purpose of this 5-minute module is to introduce parents and caregivers to *mindfulness as a management tool for anxiety and stress management*.

Upon completion of this module you will be able to:

- Understand the difference between stress and anxiety
- Have an emerging understanding of mindfulness and learn possible ways to incorporate mindfulness into everyday life
- Utilize mindfulness-based strategies to support your child with stress and anxiety management

**click here to
register**

or go to

<http://community.hmhc.ca>