

Free Mindfulness Workshops

for Adults
Stoneman Douglas Zone



**MINDFUL KIDS
MIAMI**
STRONG HEARTS•STRONG MINDS

Learn the mindfulness approach to reduce stress and anxiety, while increasing focus, awareness, balance, and peace of mind. Mindfulness provides tools for living in the present moment with joy and health.

Audience: Teachers, Parents and any other Adult Staff

Location: Coral Springs Middle, Media Center

Time: 4:30PM and 5:30PM

Date Options: Select one or more of the following dates.

Monday, April 16, Wednesday, April 18, Monday, April 23, Wednesday, April 25, Monday, April 30, Wednesday, May 2, Monday, May 7, Wednesday, May 9, Monday, May 14, Wednesday, May 16, Monday, May 21, Wednesday, May 23, Wednesday, May 30, Monday, June 4, Wednesday, June 6

Registration Link: https://www.surveymonkey.com/r/_mindfulness

Provider: Mindful Kids, Miami

