



MINDING YOUR MiND

presents

Mindful Parenting of K-12 Youth

Join Linda Price, M.Ed., CAGS, LEP, E-RYT, YACEP for a positive and informative presentation to learn about how to support your child build resilience, and shift from just surviving to thriving. Linda will provide practical strategies for managing family life, including mindful parenting techniques, identifying and reducing your child's stress and anxiety, and creating balance for your family. Includes time for your questions.

Webinar will be offered twice on the same day.

MON, OCTOBER 26
9:30-10:30 AM

TO REGISTER:

[HTTPS://EVENT.WEBINARJAM.COM/REGISTER/119/38ZP9AQ5](https://event.webinarjam.com/register/119/38ZP9AQ5)

MON, OCTOBER 26
6:30-7:30 PM

TO REGISTER:

[HTTPS://EVENT.WEBINARJAM.COM/REGISTER/120/9PXYKSOX](https://event.webinarjam.com/register/120/9PXYKSOX)

QUESTIONS? Kristin French, LCSW, DAET Project Director
(e) kristin.french@ashlanddecisions.org

If you would like to submit a question before the event, please use this [GOOGLE FORM](#)



This POWER Program is a proud collaboration of DAET, Ashland Public Schools and Ashland's Department of Human Services.

