



**PROGRAM FOR THE DEVELOPMENT
OF HUMAN POTENTIAL (PDHP)**

PARENTS AS A RESOURCE

Need a break this holiday season?

Join Us for A **Free, Virtual** Session On “Mindfulness”

Mindful Moment Mini-Chat

**Focuses on Practices; Recorded with a Live Chat to follow
Friday, December 1st 2023, 1:00pm – 1:30pm**

<https://us06web.zoom.us/j/85299267189>

Friday, December 15th 2023, 9:30am – 10:00am

<https://us06web.zoom.us/j/88966766628>

A Mindful Journey Workshop

**How anxiety affects our families, ways Mindfulness can help, practices we can use to
support ourselves and our families**

Monday, December 4th, 2023, 7pm – 8:15pm

<https://us06web.zoom.us/j/85938556224>

