

Parent Workshops will now be offered on Tuesday's AND Thursday's! Choose which day is best for you!

**Presented by
The Children's
Center Staff**

Mindfulness Techniques for Young Children

You are invited to a virtual Parent Workshop all about teaching your child to use mindfulness each day!

• **From finger painting, bubbles and tummy time, to cooking, yoga and nature, join us as we demonstrate how to incorporate mindfulness activities into your child's daily routine.**

**When: Tuesday, March 9 &
Thursday, March 11
3:00 pm**

**Geared for
parents of infants,
toddlers, and
preschoolers**

Zoom link will be provided!

Pre-registration is required.
Please respond via email to:
childrenscenter@csi.cuny.edu