

Mindfulness-Based Stress Reduction Course

Designed specifically for parents of children with special needs



Matrix is pleased to offer the Mindfulness-Based Stress Reduction (MBSR) course from Vanderbilt Kennedy Center for Excellence in Developmental Disabilities.

This is a 6-week course

Sessions are held in Petaluma

Fee: \$120; Limited scholarships available

Thursdays from 9:30 – 11:00 AM

Burns Hall, St. Joseph's Petaluma Hospital

January 7

January 14

January 21

January 28

February 4

February 11

Sessions will be led by

Stephanie Smith and Alyssa DiFilippo

Registration for this 6-week course is required

For more information and to register go to

www.matrixparents.org

This offering is limited to 25 participants

Questions? Email alyssad@matrixparents.org



Empowering families of children with special needs to successfully understand and access the systems that serve them