



The School Mental Health Resource and Training Center is excited to bring you the latest installment in the Family Education Webinar series, *Mindfulness in the Home*.

This 30 minute webinar will highlight the physical and emotional benefits of mindfulness, such as enhanced whole body wellness, improved sleep, increased focus and attention, and stress reduction. Join us to learn the basics of Mindfulness practice; simple strategies to utilize mindfulness techniques and activities in the home and as part of your family's daily routine. Please note, the intended audience for this specific webinar is family and caregivers, professional development credit is not available.

Friday, July 31, 2020 from 11:30 AM to 12:00 PM

[Register Here](#)

Funding for the family webinar series is provided by Mother Cabrini Health Foundation.

To view recordings of previous webinars in this series, please go to our Family Education Webinar Series page <https://www.mentalhealthdnys.org/family-education-webinar-series/>.



Mother Cabrini
HEALTH FOUNDATION

The School Mental Health Resource and Training Center is a project of Mental Health Association in New York State, Inc. with funding from the New York State Legislature and Executive.

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