

New York City Department of Education  
Community School District 26 and Community Education Council 26



# Mindful Mondays in May

A two-part parent workshop to help you cultivate a mindfulness practice and bring a new sense of balance to your life.

Monday, May 7<sup>th</sup> and Monday, May 14<sup>th</sup>

9:00 AM to 11:00 AM

At PS 376 (210-21 48<sup>th</sup> Avenue, Bayside)

Presented by Sean Brandeís,  
Guidance and Climate Manager,  
NYC DOE Queens North Field Support Center

Join us to learn the same strategies and techniques District 26 principals are using to support your child's social, emotional, and academic learning.

This workshop is offered in collaboration with the District 26 Superintendent's Office and Community Education Council 26 (CDEC 26).

**Registration is required.**

To register please contact Kim D'Angelo, District 26 Family Coordinator  
Call: 718.631.6944 or email: [kdangelo4@schools.nyc.gov](mailto:kdangelo4@schools.nyc.gov)