



MARIN COUNTY SEAC
PRESENTS:

Mindfulness: Tools for Parents to Help Reduce Stress and Increase Connection

We invite you to an evening with Blair McElroy, psychotherapist, as she discusses mindfulness tools for families using focused attention, self-regulation, and kindness to help reduce stress and increase connection.

MARCH 20, 2019
6:30 PM - 8:00 PM
LIGHT DINNER PROVIDED

KENTFIELD DISTRICT OFFICE
750 COLLEGE AVENUE
KENTFIELD, CA 94904

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