



# Mindfulness-Based Stress Reduction Course

Designed specifically for parents of children with special needs

*Do you feel overwhelmed and stressed almost all the time?  
Would you like to learn techniques you can use anytime to relieve your stress?*



Sign up for our FREE 6-Week Mindfulness-Based Stress Reduction (MBSR) course.  
[Click here for details and registration.](#)

- Specifically for parents of children with special needs
- Developed by Vanderbilt University to teach parents of children with disabilities how to manage their stress
- Based on the MBSR program\* developed by Jon Kabat-Zinn PhD at the University of Massachusetts Medical School  
\*[Click here for a video on MBSR](#)
- [Take 3 minutes – give mindfulness a try](#)

Here's what one past participant had to say after taking the course:

*“I spend so much energy caring for my special needs child that it's been great to care for myself in a way that helps me and my family. I have learned practical, positive techniques for cultivating mindfulness. Thank you!”*

*Do something for YOURSELF that will ultimately benefit your whole family.*

*Please join us at:*

Corte Madera Town Center Community Room  
770 Tamalpais Drive, Suite 20, Corte Madera



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