



# 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 University *free of charge* at the Corte Madera Town Center Community Room, 770 Tamalpais Drive, Suite 201.

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**This is a FREE 6 – Week course**  
**Sessions are held in Corte Madera**

**All classes are from 10:00 am to 11:30 am**

Monday: May 6

Tuesday: May 14

Monday: May 20

Tuesday: May 28

Monday: June 3

Monday: June 10

**Sessions will be led by Alyssa DiFilippo and Sandi Strang**

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**Registration for this 6 – Week course is required**

For more information and to register, go to:  
[www.matrixparents.org](http://www.matrixparents.org)

*This offering is limited to 20 participants.*

*Questions? Email [alyssad@matrixparents.org](mailto:alyssad@matrixparents.org) or [sandis@matrixparents.org](mailto:sandis@matrixparents.org)*