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Mindfulness Wednesdays

Parents, are you feeling overwhelmed? Stressed out? It is time to take care of you!

The Center for Autism & Neurodevelopmental Disorders is offering **FREE** drop-in meditation groups. Groups will provide parents with a space to practice techniques of stress-reduction and self-care. Join us for a moment of relaxation and renewal!

Groups are open to the public and there is no cost to participate. This program is made possible by a generous grant from Autism Speaks.

Location: The Center for Autism & Neurodevelopmental Disorders
2500 Red Hill, Ste. 100, Santa Ana, Ca 92705

Registration: Call Nicole Hadley at 949.267.0203
or email us at centertraining1@uci.edu

Winter 2019 Drop-in Group Schedule

Every Wednesday

January 8th - March 27th

9:00am - 9:30am

Bilingual English/Spanish

5:00pm - 5:30pm

English

www.thecenter4autism.org

Founding Partners