



THE CENTER FOR AUTISM
& NEURODEVELOPMENTAL DISORDERS



MINDFUL ME

The preschool years can be an exciting and overwhelming time.

This class focuses on identifying feelings and calming strong emotions through reading, movement, and play. Children who are between the ages of 3-5 and their parent will explore mindfulness together and find ways to strengthen their relationship.

This is a community program of The Center for Autism and no diagnosis is required for participation.

SANTA ANA

The Center for Autism & Neurodevelopmental Disorders

2500 Red Hill Avenue Suite 100
Santa Ana, CA 92705

When:

Mondays, March 5, 12, 19, 26,
and April 2, 2018
10:30am - 11:20am

REGISTRATION

Cost:

\$100.00 per family
(Limited sponsorships available)

Registration:

wellness1@uci.edu
Registration is required!

Space is limited to 5 families



@thecenter4autism

www.thecenter4autism.org