

Please join us as **WAYPOINT** Upper Valley presents

# BEING A MINDFUL PARENT and PUTTING SELF-CARE FIRST



**Monday March 24th**



**12:30-1:30pm**  
with time for Q & A session

*Tune into this empowering webinar to learn practical tips and tricks to integrate mindfulness into your busy parenting or caregiving life.*

*Discover the transformative power of self-care, gratitude, and mindfulness. Don't miss this opportunity to nurture your well-being and create a more mindful and fulfilling parenting journey.*

Registration is required, you can click the link below, or use the QR code



**[Register Here](#)**





Presented virtually by


**Tori Chartrand**

Career Advisor, RYT 200 Hours

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