

BALSZ SCHOOL DISTRICT
PARENT ACADEMY:

PARENT MINDFULNESS

AN INTRODUCTION

1/13/21

6:00PM

Zoom link: <https://zoom.us/join>

Call-In: +12532158782

Meeting ID: 818 1621 6044

Passcode: 014846

Spanish and Somali translations
are available via Zoom

Presented by: Mindfulness First
& Arizona State University



Virtually attend
the Parent
Academy Meeting
on 1/13/21

Hosted by mindfulness teachers and
researchers partnering with the Balsz
School District

Learn about mindfulness, what it
is and how it will be taught in
your child's school over the next
three years

Discover how mindfulness can
help parents with stress
reduction

Takeaway easy practices to use
in daily life

Find out how you can become
involved and learn more