

Mindfulness Training

Learn to Reduce Stress
For Parents & Caregivers

Have you ever felt overwhelmed by life? Would you like to reduce stress in your life? Joining the Mindfulness-Based Stress Reduction course at Westside Regional Center can help!

Learning mindfulness skills is one proven way to deal with stress. Mindfulness training is proven to REDUCE STRESS, IMPROVE ATTENTION, and INCREASE EMOTIONAL CONTROL. Our training, led by Dr. Christiane Wolf from InsightLA, will include meditation practice, gentle stretching, and discussion of caregiving strategies.

What: Mindfulness-Based Stress Reduction – 8-Week Course

Where: Westside Regional Center, 5901 Green Valley Circle, Culver City - Look for the signs

When: Wednesdays, September 17th – November 5th, 6:30-8:30PM with half day retreat on Sunday, October 26th

Cost: FREE! Including snacks, workbook, guided meditation CDs for daily practice, and CD player. Childcare/respice available for WRC parents!

Contact: Steven Wang (310)258-4252, stevenw@westsiderc.org, or
Erica Schuster, (310)258-4204, ericas@westsiderc.org

You must RSVP to reserve a space!

SIGN UP FOR AN INTRO CLASS ON JULY 16TH OR AUGUST 20TH
FROM 6:30-8:30PM TO LEARN MORE ABOUT THE COURSE
AND ENROLL IN THE FULL 8-WEEK COURSE! YOU MUST RSVP,
SO CALL STEVE OR ERICA AT THE NUMBERS LISTED ABOVE.

REDUCE STRESS

IMPROVE ATTENTION

REDUCE EMOTIONAL REACTIVITY