



NUHS presents

# Mindfulness and Stress Reduction

Parent Workshop

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**DECEMBER 19 , 2018**

**9:30-10:30AM**

**Room: TBD**

NEW UTRECHT HIGH SCHOOL

1601 80<sup>TH</sup> STREET, BROOKLYN, NY 11214

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Learn how to identify your own stressors and responses to stress. Gain strategies for managing stress effectively. Learn new techniques and resources that can be easily used at home, at work, or wherever you simply need a moment for yourself.

Facilitator: Donna Poon, School Mental Health Consultant

FOR MORE INFORMATION CONTACT:

NATALIE TANG, PARENT COORDINATOR @ (718) 232-2500 EXT.1289