

Coming Together as a Mindful Village NOW

Support for Parents, Teachers, and Other Professionals During the COVID Pandemic

Dear Friends -

While we need to practice “Social Distancing” for the physical health and welfare of our country right now, we don’t need to succumb to emotional distancing. We can still come together in smart and safe ways for the mental health and well-being of our children - and ourselves.

In fact, connecting in caring communities – especially during times of traumatic stress – is absolutely vital to both your body’s nervous system and immune system. And yes, it takes a village...!

That's why I've put together a series of FREE Online Mindfulness Classes during the month of April for our community of caring Parents and Professionals (including school teachers, counselors, and administrators, medical, mental health and childcare providers).

Every weekday from 12:30 - 1:00 pm EDT you can join us live for guided mindfulness practices, stress management tools, and supportive discussions. Drop-in LIVE any day, or take a break later and catch the recordings any time.

You just need to Sign Up here: <https://amindfulvillage.com/subscribe/>

Remember - self-care for the care-giver is not optional - if we want our kids to thrive through this crisis, not just survive.

So please take care of yourself, one way or another. (And this is one way!)

Of course, you can unsubscribe anytime.

May you be safe.

May you be well.

May you be peaceful.

Warmly,

Peter Montminy, Ph.D.