

Children
& Families



Parenting Matters at MPNH presents:
Uncertainty

(Online Zoom Session)

This workshop will focus on how uncertainty affects our lives and our families, creating anxiety and unrest. The facilitator will share tools to deal with it in order to improve our wellbeing.

Facilitated by Luz Stella Jara

Luz Stella is a Certified Positive Psychology Coach from the Wholebeing Institute and Mindfulness Instructor.



**Wednesday,
23 February**
5:00 to 6:30 p.m

**For more information
please call Carmen at 236-756-0020**

