

MAASA PRESENTS:

ROSE CITY MINDFUL PARENTING CLASSES

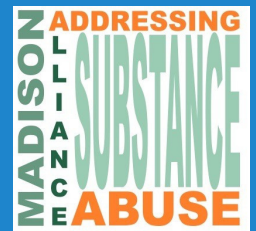
By Maria Sanders, LSW and PCI Certified Parent Coach®

To Register: Email: DeStefanoL@rosenet.org

Phone: 732-757-5941

Location: Madison High School,
Conference Room A Hall

When: Wednesdays at 7 P.M:
March 13th, 20th, & 27th



Topics:

Mindful Parenting: Building a stronger connection amidst the chaos of parenting

Anxiety: Supporting the parent of a child with anxiety

Screen Time: Let's Talk about this digital life and let's learn how to create a plan.

For Questions Call or E-mail Lindsay De Stefano

