This education program offers instruction in mindfulness practice including meditation and its application for reducing stress and improving self-esteem and quality of life. And show how mindfulness can address specific challenges of parenting a child/adolescent/adult with disabilities. Dr. Lotspeich will explore topics including:

- What is mindfulness?
- How can we better manage our own difficult emotions as parents?
- How can we move from coping to living more meaningful lives?
- How do we stay present and responsive to our children while planning for the future?

**Location**

**FUHSD Professional Learning Center**
589 W Fremont Ave
Sunnyvale, CA 94087

7:00 to 9:00 p.m.