

# Parenting with Mindfulness and Connection

A Learning Retreat  
for Moms and Dads

Wed April 6th  
12:30-2:30 PM



Andrea Rawson  
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BA, BSc (OT)

1. Stay calm and connected
2. Recognize and deal with stress
3. Be firm and kind—and have fun

Cost: \$25 (refreshments included) | Seats are limited.

[tyndale.ca/family-life/events/parenting-workshop](https://tyndale.ca/family-life/events/parenting-workshop)

Tyndale Family Life Centre | 3377 Bayview Avenue, Toronto

