



Ground & Grow: A Mindfulness Support Group

A safe and welcoming space for parents to connect and openly share, beginning each session with a guided meditation. Experience emotional support from peers and learn tangible tools to help you cope with life's stressors and regulate your nervous system.



Donna Frassetto



Thursdays - Starting 3/28



10:00 AM



Virtual



Register Here:

<https://forms.gle/PoyA8GZChRWhy7Hh8>