



# Mindful Me

**A 5-week Mommy/Daddy & Me class to practice well-established techniques for calming strong emotions and creating deeper connections**

This is a community program for children and families presented by Lisa Tully, Ph.D.  
Class is open to all children ages 3-6.

Space is limited!

**When (Mondays):**  
10:30am-11:50am  
March 19th – April 16th

**Registration:**  
Phone: (949) 267-0480  
E-mail: [wellness1@uci.edu](mailto:wellness1@uci.edu)

**Location:**  
The Center for Autism  
2500 Red Hill, Ste. 100  
Santa Ana, CA 92705  
[www.thecenter4autism.org](http://www.thecenter4autism.org)



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