



THE CENTER FOR AUTISM
& NEURODEVELOPMENTAL DISORDERS



MINDFUL ME

The preschool years can be an exciting and overwhelming time.

This class focuses on identifying feelings and calming strong emotions through reading, movement, and play. Children who are between the ages of 3-5 and their parent will explore mindfulness together and find ways to strengthen their relationship.

Participants are not required to be patients of The Center or have a medical diagnosis to participate in this program.

SANTA ANA

The Center for Autism &
Neurodevelopmental
Disorders

2500 Red Hill Avenue Suite 100
Santa Ana, CA 92705

When:

Mondays, March 5, 12, 19, 26,
and April 2, 2018
10:30am - 11:20pm

REGISTRATION

Cost:

\$100.00 per family
(Limited sponsorships available)

Registration:

wellness1@uci.edu

Registration is required!

Space is limited to 5 families



@[thecenter4autism](https://www.thecenter4autism.org)

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