



TIPES
www.tip.es.ca

Thinking in Pictures
Educational Services

 **TELUS**

MINDFUL

parenting

Finding CONNECTION in Crisis

Online Zoom Classes
Dates & Times TBD
\$20/family

Join parents from the Autism & ADHD community
for this 4 part series exploring evidenced-based,
mindful parenting strategies
to support your child or teen through this crisis.

Workshop
facilitated by

BE BRAVE ★ **BE KIND** ★ **BE PRESENT**
www.bebravebekind.ca

For more information, please email: marnie@tip.es.ca