

Had enough of the madness? Join us for...

# **March Mindfulness**

## **For families**

For parents/caregivers and children ages 5-8. Join special guest facilitator Sheryl White to learn how mindfulness can help everyone in a family be more peaceful. Participate in fun and simple activities that encourage relaxation. Learn how mindfulness can help with focus, learning and self-regulation.

**Sundays @ Westwood Public Library:**

**3/5, 3/12, 3/19, 3/26**

**3:00-4:00 p.m**

**Registration is required and  
is for all 4 weeks.**

**<http://tinyurl.com/weccmarchmind>**

**Sponsored by  
Westwood Public Library, Westwood Early Childhood,  
& Westwood Youth and Family Services**