

*help bring ease to your day*

# TAKE A BREATH

## MINDFULNESS FOR FAMILIES

Join Warren County's Children's InterAgency Coordinating Council meeting at **6 p.m. on Thursday, February 9** for light refreshments followed by a Mindfulness Workshop (6:30) that provides parents, caregivers, and their teens mindfulness tools for **self-care and emotional regulation**. Designed with the beginner in mind.

## BENEFITS *of mindfulness*

- stress reduction
- increased focus
- improved sleep
- healthier communication

Presented by Shanthi Project  
in collaboration with Warren  
County Department of Human  
Services

**Where:** Warren County Library,  
Southwest Branch,  
404 Route 519, Stewartsville, NJ  
*(Virtual option available!)*

**RSVP to** [humanservices@co.warren.nj.us](mailto:humanservices@co.warren.nj.us)

*Please let us know if you will attend in person or  
virtually!*



Shanthi Project is a 501(c)(3) education nonprofit providing evidence-based mindfulness services to more than 4,000 children and adults annually across the Greater Lehigh Valley and New Jersey.

[www.shanthiproject.org](http://www.shanthiproject.org)



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