NEW PARENTS CONNECT



Offered by Well Being Community Center and UW's Center for Child and Family Well Being, we will share mindfulness techniques that can support you as you parent your baby.

Mondays/Lunes
Oct. 19 - Nov 30th
10:00am -11:30am
5326 176th St SW,
Lynnwood, WA 98037

En una iniciativa conjunta del Well Being Community Center y el Center for Child and Family Well Being de la UW, compartiremos técnicas de atención plena (mindfulness) que pueden apoyarle en la crianza de su bebé.

Participants are invited to complete online research surveys about well-being during the perinatal period and receive gift cards for completion

Los participantes están invitados a completar encuestas de investigación en línea sobre el bienestar durante el período perinataly recibiran targeta de regalo al completar



Receive $155 in gift cards for 3 completed questionnaires

Registration/Registro

WELL BEING COMMUNITY CENTER
LEADING WITH LOVE

CENTER FOR Child & Family Well-Being
UNIVERSITY of WASHINGTON