

*Somerset County Library System of New Jersey*

## Parent and Teacher Workshop

A workshop for Educators, Parents and Caregivers

### Mindful Moments: Daily Mindfulness Practice for Youth, Parents & Caregivers



Learn the science, research and benefits of daily mindfulness practice for youth and parents.

Discover techniques and strategies for incorporating mindful moments throughout your day.

**September 29, 7:00 - 8:30 pm: Hillsborough Library branch**

**October 13, 7:00 - 8:30 pm: Warren Township Library branch**

**October 26, 7:00 - 8:30 pm: Bridgewater Library branch**

Presented by Maria F. Usewick of Anchored Minds and Bodies, LLC

Maria, a pediatric occupational therapist for over 20 years, began teaching mindfulness in both individual and group sessions to help children become more “tuned in” to their internal environment and external environment while not being distracted or carried away by them. Mindfulness skills for youth are cultivated through activities, journaling, mental exercises, movement and games. [www.anchoredmindsbodies.com](http://www.anchoredmindsbodies.com).

*The workshop is free of charge and open to the public.  
1.5 professional development hours will be awarded to attendees.*



## REGISTRATION IS REQUIRED.

Starting September 14, register at any branch or online at [WWW.SCLSNJ.ORG](http://WWW.SCLSNJ.ORG)

SCLSNJ Bridgewater Library branch, 1 Vogt Drive, Bridgewater  
SCLSNJ Hillsborough Library branch, 379 South Branch Road, Hillsborough  
SCLSNJ Warren Township Library branch, 42 Mountain Boulevard, Warren