

# Mindfulness & Compassion Program

*~Online drop-in classes~*

We are a team of parent leaders and partners from Odessa Brown Children's Clinic who have created a culturally relevant mindfulness and self-compassion program to promote the well-being of our community. We offer a variety of free classes in multiple languages for all parents and caregivers. Join one, or all, for an opportunity to connect with other parents and share strategies to cope with life's challenges.



*"Bring your life experience as we build a community toolbox to support the resilience of ourselves, our families, and our communities."*

*– Shayla Collins (Parent Mindfulness Facilitator)*

*Our classes are free and offered throughout the year.*

## Classes offered:

- In English (open to all)
- Black Community
- Latinx Community (in Spanish)
- Somali Community (in Somali)



For information about upcoming classes and to access the online Zoom link, please call or text our program coordinator at 206-833-5967.

Español:

Para clases en español para la comunidad Latina por favor llame o mande un mensaje de texto a nuestra coordinadora al 206-833-5967.

## **What to expect:**

- Be guided in 1-2 mindfulness activities, followed by facilitated group sharing
- Learn strategies to cope with difficult moments and emotions
- FREE and open to all, no experience necessary

## **Contact Us:**

For more information about our program please email [mindfulness@seattlechildrens.org](mailto:mindfulness@seattlechildrens.org) or call/text 206-833-5967.

*Scan here for our webpage:*

