

PARENT INFORMATION NETWORK
ANNUAL BRUNCH

FROM SURVIVING TO THRIVING

Brain-Based Mindfulness Strategies to Reduce Stress

Tuesday, May 3rd

8:45 am - Brunch

9:00 to 11:30 am - Program & Keynote Speaker

The Parent Information Network Annual Brunch will be held at
Cherry Creek Presbyterian Church
10150 East Belleview Avenue, Englewood, CO 80111

Between homework and over-scheduled calendars, kids these days are stressed. Join PIN to hear school psychologist Dr. Kristen Race fuse brain science with mindfulness strategies to create resiliency towards stress. You'll learn:

- **5 easy ways to take your family from surviving to thriving**
- **Why stress is both prevalent and highly contagious**
- **How to become more resilient to stressors inside and outside the home**
- **Benefits of a mindfulness practice and ways to practice at work and home**

Dr. Kristin Race is an author and nationally-recognized speaker. Her work has been featured in The New York Times, NPR, The Washington Post, CNN, The Chicago Tribune, Parenting magazine and Real Simple.



\$5 suggested donation, no need to R.S.V.P.

Need Childcare?

Visit www.PINccsd.org by
April 28 to make a
childcare reservation.

\$10 per child, \$15 for two siblings

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