



Mindfulness and Breathwork for Stress Management

Presented By:

Laura Schofield



Executive Director YMCA, Greater
Brandywine

Thursday, April 13th, 2023, 6:30 to 7:30 p.m.

**Please register to receive a Zoom link
for this virtual parent workshop.**



Questions? Please email Kate Coulter at kcoulter@wcasd.net