CAPISTRANO UNIFIED SCHOOL DISTRICT
AND ILLUMINATION INSTITUTE PRESENT

Mindfulness for Parents

November 5, 2026 6:00 PM - 7:00PM

November 12, 2026 6:00 PM - 7:00PM

November 18, 2026 6:00 PM - 7:00PM

Registration:
https://us02web.zoom.us/meeting/register/YnzH-MgUR86fMiAlsQ5XZQ

Join us in our three-session workshop series to learn how to use mindfulness to reduce parenting stress, regulate your emotions, and mindfully communicate with your children to more intentionally support your student's academic success.

If you have have any questions, please contact Sonia Moser at SOMOSER@capousd.org

For questions regarding registration, please contact Tran Le at tran@illuminationinst.org

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