

ROCHESTER REGIONAL CENTER FOR
AUTISM SPECTRUM DISORDER, IN
COLLABORATION WITH HEART IN THE
MOMENT, LLC

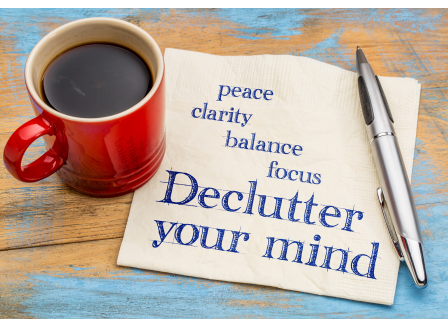
MINDFULNESS AND CAREGIVING WEBINAR

REGISTER HERE!

Or visit
scdd.urmc.edu/rrcasd

March 5 • Thursday • 1:00-2:30 PM

Learn about mindfulness strategies, how they are relevant for caregivers, and what the research says.



Heart in the Moment
MINDFULNESS COACHING



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