

# MARCH MINDFULNESS 101: BEGIN THE NEW YEAR WITH A FOCUS ON HOW TO BECOME REGULATED AND GROUNDED WHILE NAVIGATING OUR EVERCHANGING WORLD

**Where:** Virtually-On Zoom  
**When:** Once/week for 4 weeks. Tuesday evenings from 6pm-7pm  
March 1, 8, 15, 22, 2022  
**Who may attend:** Any professional from any discipline who works with  
children 0-6 years and their families (DCF, B-3, HS, HV, etc.)



**Cost:** \$20.00 **Contact:** Heidi.Maderia@yale.edu  
**Attendance:** Please, make a commitment to attend all 4 classes  
**Sponsored by:** Connecticut Association for Infant Mental Health, Inc.  
**Space is limited:** Another 4-week series will begin in May 2022  
**Registration link:**

<http://events.constantcontact.com/register/event?llr=6d4nveeab&oeidk=a07ej0hjenc816ee686>