At St Aloysius College, we work in partnership with families.

We invite you to join us for the following parent forum, exploring Mindfulness.

**Tuesday 23rd August. 7pm to 8pm**
**at St Aloysius College, North Melbourne**

This session will explore mindfulness and will be conducted by our College Psychologist, Eden Foster.

“Mindfulness is paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding experience moment to moment.”
Jon Kabat-Zinn

Mindfulness leads to greater self-awareness, and enables us to become more joyful, more empathic, and more resilient, as we notice the present moment rather than being lost in regret about our past or worrying about our future.

Please register your attendance at https://www.trybooking.com/222088

A gold coin donation will be collected at the door

St Aloysius College: 31 Curran Street, North Melbourne