



Want to go from feeling like this....

To feeling like this?

Jewish Family Service Calgary Presents:

Mindfulness and Parenting

The third topic of our four-part parenting series

Presented by: Cirel Rutstein MSW, RSW

Wednesday, February 11th, 2015 - 7:00 PM to 9:00 PM

At the JFSC office: Suite #420 5920 1A St. SW

For more information, contact Tanya Muschanov at 403.287.3510

or e-mail info@jfsc.org

Space is limited! Call ahead to reserve your seat.



This presentation is hosted by JFSC in partnership with Akiva Academy and the Calgary Jewish Academy