



*presents:*

**MONDAY, OCT 15TH  
GHS LIBRARY  
6PM**



# **MINDFULNESS WORKSHOP FOR PARENTS AND CAREGIVERS**

**BY: PAM MULLIGAN  
BSN, RN, RYT-500**

Pam is a Registered Nurse, Integrative Health Coach, yoga instructor, and Self Care Advocate. She is the co-founder of Replenish Mind Body Spirit LLC, a company that promotes a collection of restorative practices to mitigate stress, cultivate presence and promote health. A dedicated caregiver herself, Pam has learned the benefits of mindfulness, self-reflection and mind body practices to build resilience in a highly unpredictable lifestyle.



**"Nourishing yourself replenishes your  
ability to care for others."**

*The mission of Guilford's town-wide Special Education Parent Teacher Organization (SEPTO) is to create collaborative relationships between Guilford Public Schools, families of individuals with disabilities, and the community through support, education and empowerment.*