



## *Mindfulness and Mingling*

## *Holiday Open House*

**Friday, December 1, 2017 2:00-4:00pm**

**4031 University Drive, Fairfax, VA 22030**

Raising children with special needs can be particularly challenging during the holidays. Trying to balance the busyness of this time of year with daily responsibilities is difficult! Come and learn how Formed Families Forward can help! Learn more about our free services for foster, kinship and adoptive families at our holiday open house.

As a special treat, we will have Archana Dogra, Ph.D, Licensed Clinical Psychologist with Counseling Bliss, LLC speak on mindfulness and stress reduction just in time for the holidays! While this is an open house and you are welcome to drop in anytime, please note that **Dr. Dogra will begin her presentation at 2:30**. Join us and look forward to a more mindful, relaxing season and new year.

Organizations and agencies are welcome to bring information items and add them to our resource table.

Let us know you are coming- register at [www.FormedFamiliesForward.org](http://www.FormedFamiliesForward.org) or call 703-539-2904.

Open to all parents, caregivers, and professionals. Formed Families Forward offers training and support to foster, adoptive and kinship families raising children and youth with special needs.