

M3_E

**Making
Mindfulness
Matter[©]**

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ONLINE MINDFULNESS PROGRAM

Participate in a research study providing an online,
8-week mindfulness-based program
which aims to improve stress, help you cope with big
emotions and build resilience within the family

For children (**aged 4-10 years**) in **Ontario** living with
epilepsy and their parents

You will be asked to complete questionnaires
about your experience at the start and end of the
program. As a thank you, you will receive with
a gift card each time



For more information,
please contact:
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Study: A Live-Online Mindfulness-based intervention for Families of Children with Epilepsy:
Making Mindfulness Matter[©] Randomized Control Trial.

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