





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

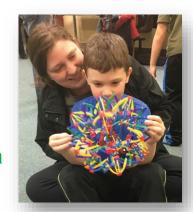


For more information, please contact:

Sarah Wells, Coordinator

548-388-7610

Email: M3Study@uwo.ca



Version July 21 2022

Study: A Live-Online Mindfulness-based intervention for Families of Children with Epilepsy: Making Mindfulness Matter© Randomized Control Trial.

Principal Investigators: Kathy Nixon Speechley, Ph.D, Karen Bax, Ph.D, Klajdi Puka, Ph.D