

# Connect The Dots OT, PLLC

## July Workshops for Parents, Caregivers, and Therapists!

**July 7th, 2017 at 6:00 PM to 7:30 PM**

**Cost: \$10**

### Summer Planning

Transitions can be tricky for kids of all ages. Come discuss ways to prepare a productive and fun-filled summer for your child. Whether you have camp, play-dates, vacations, or stay-cations, we will explore strategies to enhance your child's summertime experience.



**July 26th, 2017 at 6:00 PM to 7:30 PM**

**Cost: \$10**

### Cultivating Mindfulness

Parenting is stressful! Yes, it's joyful too, but how do we deal with our own stress as parents? Learning to develop a mindful approach to dealing with everyday parenting stressors is hugely beneficial to improving the quality of life for both parents and their children! It can help to bring out more of the positive parenting qualities you feel good about – patience, giving, love and acceptance. In this workshop we will engage in mindfulness meditation practice and discuss specific strategies for developing an on-going present moment awareness to bring into daily life.



Please call **212-290-0290** or email **admin@ctdtherapy.com** to let us know which class/classes you would like to attend!

### More about the Occupational Therapists who will be teaching the classes:

**Catherine Miranda** began her career as an OT at Duke University Medical Center before returning to NYC to pursue pediatric practice. She has worked in school based, CPSE, sensory gym, and home care settings. She has collected a wide range of clinical experience and Connect the Dots remains to be one of her favorites!

**Danna Lyons** is an Occupational Therapist and a Mindful Educator with Mindful Schools. She has over twelve years of practice in contemplative meditation and teaches meditation to both children and adults. She integrates methods from yoga and mindfulness traditions into her OT treatments and is delighted to be of service in helping facilitate present moment awareness in order to enrich the lives of others.

#### How to reach us:

On-site address:  
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throughout Hudson County, NJ  
Email [admin@ctdtherapy.com](mailto:admin@ctdtherapy.com)  
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#### Nearest Subways

**B D F M N R Q W** at 34th St/Herald Square  
**1 2 3 A C E** at 34th St/Penn Station  
**6** at 33rd St  
**Mt.** Long Island Rail Road at Penn Station  
**PATH** at 32nd St



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