

A woman with her hair in a bun is sitting cross-legged on a rug, meditating with her eyes closed and hands in a mudra. In the background, a young girl in a blue dress and a young boy in a striped shirt are jumping joyfully on a brown sofa. The room is bright and modern, with a large potted plant on the left and a wicker basket with white pillows on the right.

Tri-District SEPAG Meeting

Ringwood, Wanaque/Haskell and Lakeland Regional HS

In Collaboration with NJ4S Presents:

Mindful Parenting

Tuesday, January 23, 2024

6-7pm

Google Meet joining info

Video call link: <https://meet.google.com/tbp-axpe-dra>

Or dial: (US) +1 636-735-3170 PIN: 410 265 060#