



# Happy Holidays

from ParentGuidance.org

The Holidays are a beautiful time of year, but can be hard on **you and your family's mental health.**

Mindfulness is a great way to **find peace and hope** for the whole family during this busy time of year.

Our course "**Coping, Healing and Finding Peace Through Mindfulness**" is a great start to practicing mindfulness.

Access this  
**free course**  
here!



[https://cookcenter.info/Mindfulness  
Course](https://cookcenter.info/MindfulnessCourse)

