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**Northern Michigan Psychiatric Services and The Mindfulness Center of Northern Michigan are pleased to be offering…**

**Mindful Parenting**

**Monday October 4th, 11th, 18th and 25th**

**5:30pm – 7:00pm**

**934 S. Garfield Rd Traverse City – Heritage Square**

**$425/couple    $245/single parent**

**Register Online** [**www.mindfulnesstc.com**](http://www.mindfulnesstc.com)

\*Vaccinations are required for this in-person class

 ***For more information contact 231-935-0355***