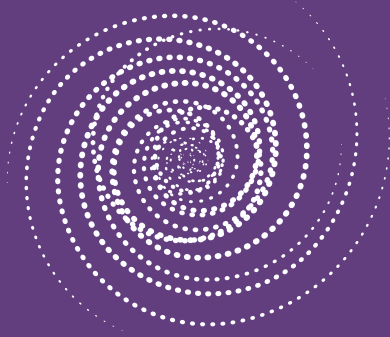




Mindful Return

2027 Mindful Return Sessions

Courses for New Parents

Session 1

January 11 - February 5

Session 2

March 8 - April 2

Session 3

May 3 - 28

Session 4

July 5 - 30

Session 5

September 13 - October 8

Session 6

November 8 - December 3

Mindful Return 201: Our Course for Experienced Parents

Session 1

May 3 - 28

Final 2026 Session

November 2 - 27

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