

The Cognition, Behavior & Mindfulness Clinic
Presents...



Spring into Mindfulness

Mar 15 - April 10 | Zoom sessions

Interactive group sessions for children, teens, and
young adults with autism and other
neurodevelopmental disabilities

Learn how to spend your sunny, spring days living mindfully and working towards
the things that make life meaningful. Sessions will be held on weekday evenings
and Saturday mornings. Sessions are free of charge.

UNIVERSITY OF ILLINOIS CHICAGO

 INSTITUTE ON DISABILITY
AND HUMAN DEVELOPMENT

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Interested? Email
jhinma2@uic.edu or call
312-996-7988 to sign up!