



WEST BERGEN'S AUTISM SPECTRUM SERVICES

DEPARTMENT PRESENTS:

REFLEXOLOGY WORKSHOP FOR PARENTS OF CHILDREN LIVING WITH AUTISM

The Center for Children and Youth at West Bergen Mental Healthcare continues to explore options to bring to the community. This workshop will demonstrate how touch can have a positive impact on communication.

Reflexology Massage can:

- ◆ Help to reduce stress and anxiety
- ◆ Improve mood
- ◆ Encourage positive social interaction
- ◆ Reduce insomnia and improve sleep patterns
- ◆ Alleviate digestive problems including IBS
- ◆ Help to improve learning capacity by increasing the attention span and the ability to focus.



Parents will learn how to apply reflexology massage techniques in this 2 hour workshop that can contribute significantly to their child's health and quality of life. This workshop will be offered by Paul Lamb. Mr. Lamb is NJ Licensed Massage Therapist and a Certified Master Level Reflexologist.

All workshops will be held at the Center for Children and Youth, 1 Cherry Lane, Ramsey, NJ. Choose one of three dates:

- Wednesday, April 5th at 10: 00am
- Thursday, April 13th at 4:00pm
- Wednesday, May 10th at 1:00pm



Workshops are \$70 each per family. Please contact Alain Mollinedo, EdD., amollinedo@westbergen.org/201-934-1160 x 7227 to register or for more information.