



Making Mindfulness Matter[©]

A Live-Online Mindfulness-based intervention for
Families of Children with Epilepsy:
Making Mindfulness Matter[©] Randomized Control Trial

ONLINE MINDFULNESS PROGRAM

Participate in a research study providing an online,
8-week mindfulness-based program
which aims to improve stress, help you cope with big
emotions and build resilience within the family

For children (**aged 4-10 years**) living with **epilepsy**
and their parents

You will be asked to complete questionnaires
about your experience at the start and end of the
program. As a thank you, you will receive with
a gift card each time

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