



MARS-PC (Mindfulness Awareness and Resilience Skills for Parents and Caregivers) Ambassador Information Sheet

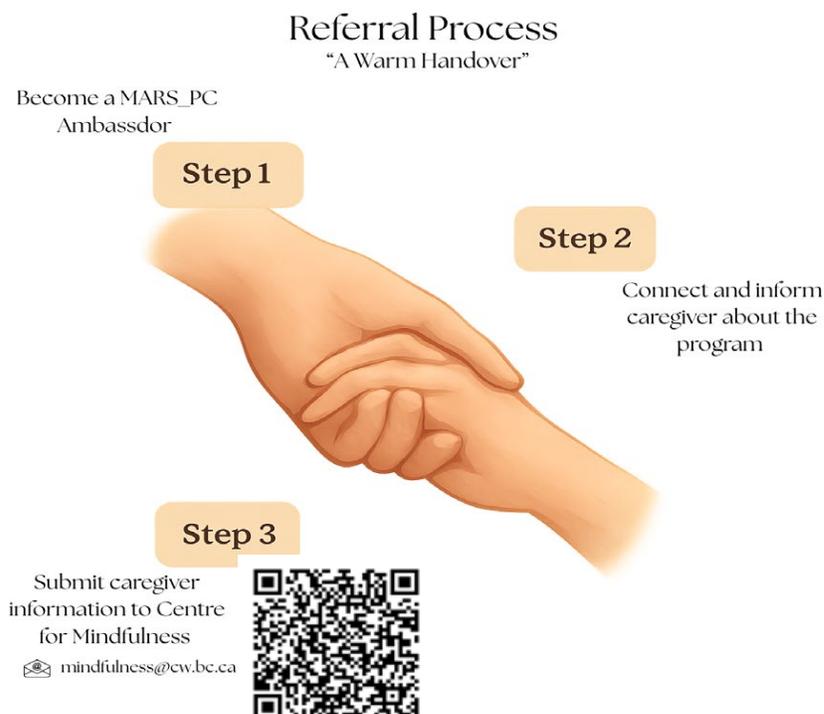
Program Eligibility:

- Parents and caregivers of children and youth who are accessing care, support or services through BC Children's Hospital
- Caregivers are encouraged to attend each consecutive session, as themes build on each other.
- Attendance to the introductory session is required to participate in the series (if caregiver unable attend upcoming series, they can be added to waitlist for the next series)
- Referrals can be made at any time throughout the year
- Internet connection is necessary (group is currently virtual)
- Exclusion criteria- uninterested in mindfulness, different resources/support necessary

MARS-PC Program Ambassador

As a MARS-PC Ambassador, you help connect parents and caregivers to meaningful resources.

- **Notice** parents or caregivers who may be feeling overwhelmed, stressed, or may benefit from extra support and community.
- **Share** information about the MARS-PC program and confirm whether they may be interested.
- **Refer**
If interested:
 - Collect the caregiver's name and email
 - Complete the MARS-PC referral form or email the Centre for Mindfulness



[For more information on MARS-PC, please click here to view a short video.](#)

To connect with the Centre for Mindfulness: mindfulness@cw.bc.ca