MARS-PC

(**M**indfulness **A**wareness and **R**esilience **S**kills for **P**arents and **C**aregivers)

Parent and Caregiver Information Sheet

Caring for a child who is ill or accessing care can often cause distress for caregivers. There is growing evidence of the benefits of mindfulness programs for caregivers, including reduced distress and enhanced well-being. Mindful Awareness and Resilience Skills for Parents and Caregivers (MARS-PC) is a **free virtual program** for parents and caregivers whose children are accessing care and support through BC Children's Hospital. The intention of the MARS- PC program is to connect and support caregivers as they navigate this care journey.

Program Overview:

- 6 weekly 1 - hour sessions
- One 30-minute introductory session (required prior to the start of the series)
- Sessions are educational, experiential and held in group format.
- Facilitated by:
    - Dr. Joanna McDermid, Child & Adolescent Psychiatrist
    - Dr. Dzung Vo, Adolescent Medicine Physician
- Designed to support parents and caregivers caring for a loved one experiencing:
    - Anxiety or depression
    - Psychological distress
    - Chronic illness or pain

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