



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

Referral Process

"A Warm Handover"

Become a MARS_PC
Ambassador

Step 1

Step 2

Connect and inform
caregiver about the
program

Submit caregiver
information to Centre
for Mindfulness

(<https://redcap.bccrc.ca/surveys/?s=94XNR7P3JN7PPLX7>)



mindfulness@cw.bc.ca



[Redcap Form](#)



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