

De-Stress Your Tourette!

a 4-week Mindfulness and Theater Improv Program for Teens, Tweens and their Parents

Summary: Because living with Tourette can be stressful, this fall we're offering a fun, supportive 4-session workshop for teens and tweens with Tourette and their parents/primary caregivers. Each morning, our experienced teachers will lead separate parallel programs - one for tween/teens and one for their parents. For the last half-hour, the adults and tween/teens will meet as one group to enjoy lunch. Both programs will include:

Mindfulness techniques: meditation, body-awareness, and breathing practices—which have been shown to reduce the stress of the Tourette experience.

Age-appropriate improvisational theater games: a fun and meaningful way to connect with others, build confidence, and form lasting bonds.

Parents' program will also include presentations on: *"The biology of Tourette Syndrome"*, *"How to create a supportive environment within the school system"* and *"Parenting with Tourettes"*.

Dates: 4 consecutive Saturdays: Oct. 20 & 27 and Nov. 3 & 10. ***Please plan to attend all 4.***

Time: 9:45 am to 12:00 noon. **Cost:** \$100.

Location: Colket Translational Research Building, Children's Hospital of Philadelphia

Meet our teaching team:

Bidi McSorley, MD, is an experienced pediatrician specializing in behavioral pediatrics, and an instructor in the Penn Program for Mindfulness. She has developed mindfulness workshops for tweens and teens, and uses mindfulness to help families and children live less-stressed lives.

David O'Connor, MFA, teaches acting and directing at UPenn, and is a former resident director of Philadelphia Young Playwrights. He has created and led improv workshops for stressed young people in partnership with Penn Health System.

Marc Schmidt, PhD, is a neurobiologist, founder of Waffles for Tourette, and the father of an adult daughter with Tourette.

Caroline Packard, JD, de-stresses her own Tourette using improv and mindfulness meditation. A former corporate lawyer and co-author of *The Mediator's Handbook (4th ed.)*, she is currently pursuing a master's degree in psychology.

For more about the program, or to register, click: www.waffles4tourette.com/tourette-workshop.

Space is limited—register early! **Questions?** Contact Marc Schmidt at 215-898-9375 or email info@waffles4tourette.com.

Cancellations? \$100 fee refunded if you cancel by 10/12; not refunded thereafter.

This workshop series is co-sponsored by the Eastern Pennsylvania Chapter of the Tourette Association of America (TAA) and the Children's Hospital of Philadelphia (CHOP), and funded in part by a grant from the TAA through the Centers for Disease Control (CDC).