



Mindful Return

Balancing Career with a Special Needs Child.



Balancing Career with a Special Needs Child E-course + Peer Mentoring Community



A wonderful way to focus on both your special needs child and on your career

Mindful Return's **Balancing Career with Special Needs Child** is an e-course and online community that caters to the needs of professionals who are raising special needs children.

Each session is cohort-based, allowing special needs parents to connect in a safe space. The e-course is designed for parents to go at their own pace, so that they can catch up in the waiting room at their child's appointments or during late night feeding sessions.

"This program is a wonderful tool to help parents unsure of how to juggle their career and all that comes with parenting a child with special needs. The course is easy to use and addresses important and relevant topics for managing everyday life. I am so thankful to have had the opportunity to take the course and would highly recommend it!"

- Liz, CPA and mom of a special needs toddler

During the 4-weeks of the program, Lori Mihalich-Levin, Mia Durairaj, and Bryan Levine guide a cohort of parents of special needs children through the following topics:

- **A Mindful Mindset:** A mind shift that helps you feel calmer and more empowered as a working parent;
- **Tackling Logistics:** Brainstorming exercises to help you find practical solutions to all those worrisome logistics;
- **Leadership:** The path to turning special needs parenthood into a leadership opportunity at work;
- **Community:** An unbelievably supportive, private community of other special needs moms with a career mindset.

This course is your lifeline to working-parent-ninja strategies and to other new parents who've got your back.

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Frequently Asked Questions:

Does it matter how old my special needs child is?

No. The lessons in this course will be helpful to you whether your child is still an infant, a toddler, or an elementary school-aged child.

How do you define special needs?

Special needs children are those who are born prematurely, have an intellectual or developmental disability, and/or who have a special health care need.

Is there a particular time of day I need to log in to the course? And can I participate from a mobile device?

Any time of day is a good time to log in, read the lessons, and see what other parents are writing. And yes, the private and secure online platform used for the course (Ruzuku) is accessible via mobile devices. Whether you log in during your metro commute at the beginning of the day or while you're feeding your little one in a rocking chair at 3 a.m., chances are, another parent will be following along with you, posting comments at the same time!

How much time should I plan to spend per day on the course?

Once the course starts, our recommendation is that you spend about 15-30 minutes a day reviewing the course material and answering the

prompts. You can easily spend more time reading your fellow mamas' responses and responding to their comments, but 20 minutes will ground you in the material. That said, this course is for you – to do at your own pace and work as you are able.

Read more FAQs at:

www.mindfulreturn.com/specialneeds

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HOUSTON FAMILY
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