



# DE-STRESS YOUR TOURETTE!

A One-day Mindfulness and Theater Improv Program for Teens, Tweens and Their Parents

Because living with Tourette can be stressful, this spring we're offering a fun, supportive workshop for teens and tweens with Tourette and their parents/primary caregivers. During the session, our experienced teachers will lead separate, parallel programs – one for children in sixth through twelfth grade and one for their parents. For the last half-hour, adults and the tween/teens will meet as one group for lunch.

Both the parents' and tween/teens' program 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: biology of TS and how to create a supportive environment at home and within the school system

## DATE

Saturday, May 18

## TIME

10 a.m. to 3 p.m.

## LOCATION

Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus at the Children's Hospital of Philadelphia

## FREE

Registration is required and space is limited, so please register by Sunday, May 12.

For more information or to register:

[waffles4tourette.com/tourette-workshop](http://waffles4tourette.com/tourette-workshop)

For questions, reach out to [info.tsworkshop.phila@gmail.com](mailto:info.tsworkshop.phila@gmail.com)



## MEET OUR TEACHING TEAM:

**BIDI MCSORLEY, MD**, is an experienced pediatrician specializing in behavioral pediatrics and an instructor in the Penn Program for Mindfulness.

**DAVID O'CONNOR, MFA**, teaches acting and directing at the University of Pennsylvania, and is a former resident director of Philadelphia Young Playwrights. He has led improv workshops for stressed young people for Penn Health.

**CAROLINE PACKARD, JD**, de-stresses her own Tourette using improv and mindfulness meditation. A former corporate lawyer, she is currently pursuing a master's in psychology.

**MARC SCHMIDT, PHD**, is a neurobiologist, founder of Waffles for Tourette, and the father of an adult daughter with Tourette.

**KRIPA SUNDARARAJAN, MD**, is an experienced child neurologist at CHOP. She manages a broad range of neurologic conditions, including tics and Tourette's, and has an Integrative Medicine focus.

**NICOLE WESNER** is a consultant for the Pennsylvania Tourette Syndrome Alliance. She is trained in disability advocacy to provide support for individuals with TS by working with families and schools. Her son has TS.

*This workshop series is co-sponsored by the Eastern Pennsylvania Chapter of the Tourette Association of America, The Pennsylvania Tourette Syndrome Alliance and Children's Hospital of Philadelphia, and funded in part by Eastern Pennsylvania Chapter of the Tourette Association of America.*

