
From: Julie McDonald
Sent: Sunday, 15 November 2015 6:08 AM
To: Advocacy and Support
Subject: Submission - offering Mindfulness Meditation Programs

Hi there

I realise I am very late to respond to this paper but I have been directed by a Survivor to do this regardless of the date.

I run very successful **Mindfulness Meditation Programs** which I believe would benefit both children, families and their careers. The people who attend this programs predominately suffer anxiety, depression, insomnia and some have PTSD. Whilst I have not run a specific children's program in Mindfulness Meditation, there is a vast amount of research that demonstrates it's effectiveness in helping children who suffer and to build healthy resources and resiliency.

I ask that you consider accepting this very late application?

thank you

Kind regards