



## *Informed Consent*

Dear Parent or Guardian of CuidArte Student,

We appreciate the opportunity to help your child develop positive social, emotional, and mental coping and self-regulation skills. Allies in Caring is a small non-profit agency in Hammonton, NJ dedicated in serving Latino youth across South Jersey. With the “CuidArte” mindfulness program we aim to give your child the skills to deal with stress in a positive way.

### *About the CuidArte Program*

CuidArte, meaning: “The art of selfcare”, teaches youth how to develop skills of emotion regulation and self-awareness. The CuidArte program is an 8-week workshop with 8 sessions that aims to teach youth how handle stress using positive coping skills through mindfulness practices. Mindfulness is the practice of becoming aware of one’s present-moment experience with compassion and openness as a basis for wise action. Each lesson includes age-appropriate discussion, activities, and opportunities to practice mindfulness in a group setting, an introduces a variety of skills such as self-observation, awareness, decision making, mindful communication, acceptance, problem solving, anger and depression management.

### *Potential Risks*

Though we do not anticipate any risks for your child, there can be some risks when students are making important changes to their thought and emotional processes. Your child may experience moments where they have uncomfortable thoughts or feelings during the program when digging deeper into recognizing stress and emotions. If your child does express these unpleasant feelings, we will provide the necessary support needed to help and encourage him or her during this difficult process.

### *Participation*

Your child is encouraged to participate but are not required nor forced to provide input. If your child does not feel comfortable sharing, he or she will not be penalized and we will support the him or her with their decision. Participating will help your child to receive the best results from the program and we highly encourage it.



### *Parent Involvement*

Over the course of the next 8 weeks it is very important for you as parents or guardians to be involved and supportive of your child's growth and development as he or she practices these skills. The as parents you are presented with challenges and it can also be a source of stress and inner conflict. We would like to help you and encourage you with your support of your child.

### *Confidentiality*

Allies in caring is dedicating to protecting your child's privacy. The information your child shares will be confidential and will not be shared without side sources. Though the CuidArte program is in a group setting with other students, we encourage everyone to allow the classroom to be a safe place and to respect each other's privacy.

### *In Case of Emergency*

In case of emergency, Allies in Caring will abide to the policy and procedures of the school. We will offer the necessary support and assistance to your child. In certain situations, our professionals will drive your child to safety or to medical attention if necessary.

If you have any questions or concerns, please do not hesitate to contact us. We can be reached by phone at: 609.561.8400; by email at [iguillermo@alliesincaring.org](mailto:iguillermo@alliesincaring.org) or [bcottingham@alliesincaring.org](mailto:bcottingham@alliesincaring.org) ; or at our office Allies in Caring 425 N. Thirds Street Hammonton, NJ 08037



***Consent to Program Attendance***

I have received a copy of the Informed Consent form and have had the opportunity to discuss it with the program Instructors and Facilitators. I know I can contact Allies in Caring as well as the Instructors and Facilitators at any point to discuss the program and my child's progress.

I understand and agree to the information provided for my child to participate in the CuidArte mindfulness program.

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Student name

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Parent or Guardian Signature

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Date