

Community Education Service

Understanding Mindfulness (MinduP Program in School)

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Monday March 19, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Bert Church School

1010 E lake Blvd., Airdrie

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

This session will outline/discuss the main content in the MindUP program, how understanding the brain can improve self-regulation and the science behind neuroplasticity. Using a hands-on approach this session will teach skills related to these concepts using mindfulness. This session will discuss how the brain influences thinking, emotions and behaviour. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

Level I: This session presents an overview of Mindfulness and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [RVS—MHCB Stepping Stones to Mental Health](#).