

Community Education Service

Let's Talk Mindfulness

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October 16, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Mitford School: Learning Commons
110 Quigley Dr, Cochrane

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 and discuss the main concepts in mindfulness and how understanding the brain can improve self-regulation. Using a hands-on approach this session will teach skills related to these concepts. 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, RVS, [MHCB Stepping Stones to Mental Health](#).