

Community Education Service

Let's Talk Mindfulness

Vicki Tole CYCC & Allison Blake BSc, MA School Counselling

March 26, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

A.E. Bowers Elementary School
1721 Summerfield 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 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, self-regulation 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.