

# Community Education Service

## Let's Talk Mindfulness

Tayyaba Walayat & Vicki Tole

**February 26, 2019**

**6:30 pm - 8:30 pm**

**Sign in: 6:15pm**

East Lake School

325 Kinniburgh Blvd, Chestermere

Session is FREE  
of charge/  
Parking fees  
may apply

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

For more information: email [ces@ahs.ca](mailto: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.