

Community Education Service

Let's Talk Mindfulness

Ashley Cheney (CYCC) &
Allison Blake (BSc, MA School Counselling)

May 13, 2019

6:00 pm - 8:00 pm

Sign in: 5:45 pm

BrightPath Airdrie

105, 960 Yankee Valley Blvd, Airdrie

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

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.

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, **BrightPath Airdrie** & **RVS, MHCB Stepping Stones to Mental Health**.