

Community Education Service



EVERMINDFUL

mindfulness for stress management in times of uncertainty

Kate Love is a mindfulness expert, CBE teacher and Legacy Lulu Lemon Ambassador. Kate holds her BFA and BEd and has completed her teacher practicum in MBSR (Mindfulness Based Stress Reduction) at the University of Massachusetts, Centre for Mindfulness. Kate teaches Yoga full-time at Robert Thirsk High School and is thrilled to be a member of the CBE Fine Arts Advisory Council. Her intention to bring mindfulness techniques to parents and to the classroom is resonating with students, parents, teachers and administrative staff alike. Kate is happiest in motion...or in Paris

This session will help introduce you to the main concepts of Mindfulness practices providing you with ways to reduce stress in yourself and your children. Offering information regarding how mindfulness can decrease stress-response related reactions and increase focus and achievement. This transformative practice introduces an effective toolbox of experiential skills, explaining ways that mindfulness can be useful in reducing perceived stress and lowering anxiety while building resilience and emotional regulation to support your adolescents and children in times of stress.

Tuesday January 18 2022
6:30 pm MDT

Click here to register
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Kate Love**