



smartEducation

Mindfulness Training for Educators: Summer Intensives

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to address the needs of educators, professional support staff, and those involved in the lives of children and youth.

This evidence-based course trains educators to better manage work-related and personal stress, in order to cultivate emotional balance. SMART integrates the teachings, practices and research from Mindfulness-Based Stress Reduction, emotion theory, and compassion training to address the specific needs and challenges of educators. Each session consists of presentations, group discussion and experiential practices in mindfulness. A 4-hour silent retreat and weekly home practice is also part of the course.

SMART is a secular program, delivered by SMART UBC accredited facilitators.

Successful participants receive a Certificate of Completion from UBC Faculty of Education.

SMART involves experiential practices that promote:

- Concentration, attention, and mindfulness
- Awareness and understanding of emotions
- Empathy and compassion

Registration: www.mindfulnesseveryday.org/schedule.html#CoursesForEducators



smartUBC

TORONTO

WHERE: The Centre for Mindfulness Studies

WHEN: Weekly on Tuesdays
August 1-22, 2017 | 10am – 3pm
Retreat: Wednesday August 16,
10am – 3pm

COST: \$520 (Includes materials)
Facilitators: Heidi Bornstein &
Stephen Chadwick

YORK REGION

WHERE: Windfall Ecology Centre at
Sheppard's Bush Conservation Area
93A Industrial Parkway South, Aurora,
ON L4G 3V5

WHEN: Weekly on Tuesdays
July 4 - August 1, 2017 | 10am – 3pm
Retreat: Tuesday July 25 | 10am – 2pm
COST: \$400 (includes materials)

Facilitators: Ameeta Dudani &
Karen Davis

BRACEBRIDGE

WHERE: The Studio,
1888 Falkenburg Road,
Bracebridge, P1L 1X4

WHEN: Weekly on Thursdays
July 12 - August 10, 2017 | 10am – 3pm
Retreat: Thursday July 27 | 10am – 2pm

COST: \$350 (includes materials)
Facilitator: Karen Davis

BARRIE (Simcoe Region)

WHERE: Learning Centre, Bayfield
Mall, 320 Bayfield St., Unit 65,
Barrie, L4M 3C1

WHEN: Weekly on Wednesdays
July 12 - August 2, 2017 | 10am – 3pm
Retreat: Thursday July 27
10 am - 2 pm in Bracebridge

COST: \$350 (includes materials)
Facilitators: Karen Davis &
Cynthia Michaud

WATERLOO

WHERE: Waterloo Region District School
Board, Education Centre
51 Ardelt Drive, Kitchener N2C 2R5

WHEN: Weekly on Wednesdays,
July 5 - July 26, 2017 | 10am – 3pm
Retreat: Tuesday July 25, 2017
10am – 2pm

COST: \$350 (includes materials)
Facilitators: Carla Waites & Carol Arnott

For more information on
SMART, visit: smartUBC