



# smartEducation

## For Everyday Life – for Caregivers

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to:

- Enhance physical, emotional, mental, social health and well-being
- Increase ability to flow with the ups and downs of everyday life
- Deepen understanding and compassion for oneself and others

This evidence-based course trains persons 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.

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**

**Facilitator:** Angela Scott

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**To Register:** [Forest City Mindfulness Registration](#)



**smartUBC**

For more information on SMART, visit: [smartUBC](#)

### Learning Outcomes

- *Manage stress through a greater understanding and control of emotions*
- *Employ self-care techniques to cultivate personal and professional resilience*
- *Create effective strategies for relating to challenging situations*
- *Enhance concentration and executive function (planning, decision-making, and impulse control)*
- *Revitalize purpose, personally and professionally*
- *Improve your overall mental and physical health*
- *Promote happiness through healthy habits of the mind*



*SMART involves experiential practices that promote:*

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

### Weekly on Fridays

May 31 - July 26, 2019  
(No classes July 5, 2019)  
10 am—12 pm

Silent retreat: Saturday  
July 13, 2019 | 10 AM — 2 PM

### Forest City Mindfulness

190 Wortley Rd. Suite LL11  
London, ON N6C 4Y7

Fee: \$350 (includes workbook)