

# A Taste of Mindfulness the SMART Way

## Stress Management and Resiliency Techniques for Educators and Helping Professionals

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equality, Diversity, and Inclusion

**A Taste of Mindfulness the SMART Way** is offered as an opportunity to experience components of the SMART (Stress Management and Resiliency Techniques) training and begin development of your mindfulness toolbox. Over a four-week period, you will explore themes of mind-body connection, gratitude, emotion awareness, and self-compassion in 75-min sessions designed to cultivate thought provoking dialogue and a sense of community. You will also be invited to begin a regular mindfulness practice, using the skills acquired in each class. Our hope is that you will enjoy enhanced access to inner calm and wisdom long after the workshop is complete, passing along these qualities to all those you live, play, and work with.

[Learn more](#) about  
the evidence-based SMART program



### Dates:

**Wednesdays**  
**March 22, 29, April 5, 12**  
**from 4:15 - 5:30**

### Location:

**Durham Continuing  
Education**  
**120 Centre St. South**  
**Oshawa, ON**

**For More  
Information, contact**

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**Register Here**

**FEE: \$100.00**

Practice Mindfulness  
Everyday®

