

# Mindfulness Workshops for School Councils

Trauma-Sensitive and SEL-informed (SEL = Social and Emotional Learning )

*"Families today live in a society that is rapidly changing, increasingly demanding, faster moving, overly stimulating, increasingly unpredictable, and financially insecure. In the midst of this, stress-related symptoms and conditions in adults and children alike have become common, and cross all socioeconomic lines.*

*There is an increasing need for both children and parents to develop stress management skills, and cultivate qualities of resilience in order to thrive in our current culture, and to prevent illness."*

~Dr. M. Lee Freedman

(Mindful Parents, Resilient Children Parenting in a Rapidly Changing World)

**Mindfulness Workshops for School Councils** are designed to improve health and well-being, providing essential self-care tools. Parents and Care-givers can achieve immediate benefits for themselves and receive support for implementing mindfulness skills in their family life.

Studies have shown that parents and children who have received mindfulness training had reductions in stress and anxiety, significant increases in self-compassion and self-awareness.

The workshops are experiential, providing parents with practical skills and knowledge about mindfulness: what it is, what are the benefits to both parents and children and how it can be practiced.

Techniques and resources on practicing mindful awareness within family dynamics will be provided.

## Learn how:

- parents can support their children through mindful parenting techniques
- mindfulness can support well-being for families
- practicing mindfulness at home can support students in school



## A Mindful Culture in Education Can:

### Enhance

- personal mental health

### Reduce

- stress for children, youth and parents

### Support

- emotional regulation and resilience

### Improve

- focus and concentration through the cultivation of present-moment attention

### Develop

- the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or other

### Encourage

- empathy, compassion and sense of community

### Provide

- skills for life

### Cultivate

- relationships with self and others

Our SHSM Elective Certification programs are delivered by experienced teachers

## TDSB Partnership

Approved Vendor with YRDSB Board Approved # V106736

Instructors with School of Continuing Studies, University of Toronto

Mindfulness Everyday registered Canadian Charity # 83693 3507 RR0001

[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)

Interested in booking? Curious to learn more? Pricing Information?

Contact us at [info@mindfulnesseveryday.org](mailto:info@mindfulnesseveryday.org)

We look forward to supporting you.