

Mindfulness Training 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 Training for School Councils are designed to improve health and well-being by providing essential skills and strategies for managing stress, cultivating resilience and developing emotional regulation. Parents and Caregivers 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 trainings 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 programs are delivered by experienced teachers

TDSB Partnership Vendor #22908

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

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

Contact us at info@mindfulnesseveryday.org

We look forward to supporting you.