

MINDFULNESS TRAINING

A WORKSHOP FOR SELECTED LAUSD TEACHERS

It is undeniable that in today's fast-paced world, we all experience stress! Mindfulness may be defined as, "an openhearted, moment-to-moment, non-judgmental awareness." Benefits of practicing Mindfulness include increased focus and attentional capacity and improved emotion regulation. Learn how to practice to benefit yourself and your students. LAUSD's Social Emotional Learning Unit will present a four-hour workshop on Mindfulness for teachers at CORE-designated schools.

The same workshop will be held on:

Saturday, March 25, 2017 at Emerson Community Charter, LD West

Saturday, at Berendo MS April 29, 2017 LD Central

Saturday, May 13, 2017 at Taft HS, LD North West

Saturday, May 20, 2017 at Edison Middle School, LD South

Monday, June 12, 2017 at Beaudry Building 29-117

Tuesday, June 13, 2017 Location Gage MS, LD East

Wednesday, June 14, 2017 at Beaudry Building 25-102

8:30am – 12:30pm

Participants will be paid training rate to attend one of the sessions.

Interested teachers need to enroll on MyPLN: <http://achieve.lausd.net/mypln>

For further information, please contact: **Hiram S. Dabbah, LCSW**
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