

Mindfulness Workshops for School Councils

Trauma-Sensitive, SEL-informed and EDI-Aware

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

"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

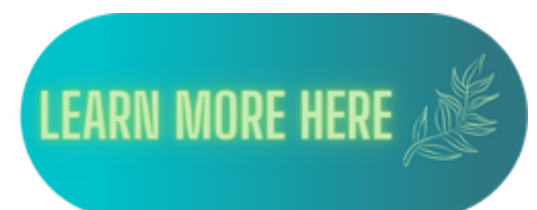
Provide

- skills for life

Cultivate

- relationships with self and others

Mindfulness is paying attention to the here and now, with kindness and curiosity so we can choose our behaviour.



Your Teachers

Our **Mindfulness Workshops for School Councils** are delivered by experienced teachers, each with a strong background and practice.

Mindfulness for School Councils



HEIDI BORNSTEIN, RP, co-founder and director of Mindfulness Everyday, has an extensive background in mindfulness, yoga and meditation. She is the co-creator and teacher for The Mindful Edge®— Stress Reduction and Life Strategies for Teens delivered as part of the curriculum in high schools. Heidi is certified in MBSR (Mindfulness-Based Stress Reduction), Hatha Yoga, Meditation, SMART education – Stress Managements and Resiliency Techniques for Educators (SMART) and is an Instructor for the University of Toronto, School of Continuing Studies.



NATALIA FISTER is a retired high school teacher, with 30 years experience. Natalia pioneered a credited yoga and mindful-ness course in high school for the York Region District School Board (YRDSB): grade 11/IDC30 “Mindful Yoga and the Art of Happiness” course and a grade 12/IDC4U “Mindful Yoga and the Philosophy of Well-ness” course. She is a certified facilitator for SMART. She has facilitated numerous professional development workshops for educators and is an Instructor for University of Toronto, School of Continuing Studies.



STEPHEN CHADWICK co-founder of Mindfulness Everyday, is a retired public school teacher with three decades of teaching experience with the TDSB (Toronto District School Board), specializing in working with Children with Special Needs and ESL. Steve has received his certification as a Yoga Ed Instructor for Working with Those At-Risk as well as his Level II Curriculum Training of Mindful Schools. Stephen is certified in MBSR (Mindfulness-Based Stress Reduction) and SMARTeducation facilitator.



ANGELA VENTRICE has been an Ontario certified educator with the York Region District School Board for over 28 years and is our Director of Educational Programming. Her experience includes a background in Special Education, as well as a Specialist in Guidance. Angela has seen the positive results of mindfulness in the school community and is dedicated to bringing mindfulness to educators, children, youth and their families. Angela is a certified SMARTeducation Facilitator.

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

Contact us!

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**We look forward to supporting you.
All our programs can be delivered remotely or in-person**

Mindfulness Everyday, a registered Canadian Charity # 83693 3507 RR0001. Our programs are based on the principles of the MBSR (Mindfulness-Based Stress Reduction) evidence-based program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.