



Co-sponsored by SCPA, NCPA, NYASP, NYC-ACBS, and the LI CBT Network

## Mindfulness for YOU + Mindfulness for YOUth

Co-Facilitated by;

Trish Broderick, Ph.D., *Research Associate, Bennett Pierce Prevention Research Center for the Promotion of Human Development (PRC) at Penn State University.*

Diane Reibel, Ph. D., *Director, Mindfulness Institute and Clinical Associate Professor, Thomas Jefferson University*

**DATES: June 19 & 20, 2014**

Registration: 8:30 am      Workshop: 9:00 am - 3:00 pm

PLACE: 31 Lee Avenue, Wheatley Heights, NY 11798

**FEE: \$300 per person (includes continental breakfast, lunch and powerpoint handouts)**

*This workshop introduces teachers, clinicians, and other participants to Learning to BREATHE, a mindfulness program for adolescents. Specific techniques for presenting and teaching mindfulness will be demonstrated. The workshop will also offer a broad introduction to the theory and research behind mindfulness-based interventions. Since those who teach mindfulness must experience mindfulness themselves, the workshop includes periods of mindfulness practice for participants. Some prior experience with mindfulness is helpful but is not a prerequisite for participation. For more information go to <http://learning2breathe.org/> \*Registration fee **does not** include a copy of this book. **The L2B Manual is available online from New Harbinger.com at a cost of \$69.95 or at a 50% discount of \$35.00 on the day of the conference - CASH ONLY.\****

This workshop enables participants to:

- Summarize specific current research findings that relate to adolescent brain development, emotion regulation, stress, social-emotional learning and wellbeing.
- Understand the theoretical and practical applications of L2B, including lesson-specific activities and practices.
- Demonstrate skills for presenting and teaching mindfulness to adolescents in school-based or clinical settings.
- Practice mindfulness as applied to daily life through guided periods throughout the program.
- Establish networking connections and resources for participants to draw upon in order to continue using mindfulness effectively in classrooms and other settings.

**Register by April 28<sup>th</sup>. We need a minimum of 50 people to run this 2-day workshop. \*\*Please note - upon receipt by Western Suffolk BOCES of a school district's signed cross contract, increased commitment letter or personal check the registration is non refundable\*\***

Register online at My Learning Plan. Copy this link <http://www.wsboces.org/WebReg> OR Mail or Fax Registration with payment to Joann Zerbo, Student Support Services Center, 31 Lee Ave., Wheatley Heights, NY 11798, phone-631/595-6843 FAX- 631/623-4914 email -jzerbo@wsboces.org  
**Make Checks Payable to Western Suffolk BOCES**

**Questions/information about the training email Anthony Pantaleno @ [drpantaleno@drpantaleno.com](mailto:drpantaleno@drpantaleno.com)**

**Directions:** LIE at exit 50, Bagatelle Road. Head South on Bagatelle Road for approximately 2 miles. Make a left onto Lee Avenue (Blinking Red Light). School is on the corner of Lee Avenue and Bagatelle Road Enter the driveway on the far right of the school. Park in the first parking lot. Enter the first door on the side of the school for the Conference Room.

Mindfulness for YOU = Mindfulness for YOUTH June 19 & 20

Name:..... District/Agency:.....

Email :..... Contact #.....