

MINDFULNESS

Creating Connection | Grades 7-12+ Webinar

WEEKLY FALL SESSIONS:

Every Wednesday For Everyone | 9:30 a.m.

ZOOM WEBINAR ID = 988 5240 2121

AVAILABLE FOR STUDENTS, FAMILIES, AND EDUCATORS

Start the day with a special mindfulness practice- taking time to connect with self, others, and our shared world- learning to pay attention to the present moment with kindness and curiosity.

- Mindful Schools Curriculum
- Mindfulness Techniques developed by Christopher Willard PsyD
- Action for Happiness 10 Keys to Happier Living
- 15 years of clinical practice supporting individuals integrating mindfulness into everyday life
- TCOE Mindfulness Map and Calming Corners Mindful Tool Box

Group practice led by Mindful Schools Certified Mindfulness Instructor:
Meade Williams, Licensed Marriage and Family Therapist #92697



TCOE MINDFULNESS MAP:

Explore Mindfulness as a powerful exponent in the journey towards mental wellness, resiliency through connection, and the creation of sustainable communities.

SESSION DATES:

August:

7, 14, 21, 28

September:

4, 11, 18, 25

October:

2, 9, 16, 23, 30

November:

6, 13, 20, 27

December:

4, 11, 18

Please contact: meadewilliams@gardenhousetherapy.com with questions or to request resources.



**Tulare County
Office of Education**
Tim A. Hire, County Superintendent of Schools

MINDFULNESS

Creating Connection | Grades K-6 Webinar

WEEKLY FALL SESSIONS:

Every Wednesday For Everyone | 9:00 a.m.

ZOOM WEBINAR ID = 973 4386 9153

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PROJECT AWARE
Advancing Wellness & Resiliency in Education



Garden
House
Therapy

Tend. Grow. Shine.

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