

Mindfulness in the Classroom

By Request

To request this workshop, send an email message to the contact person identified below.

The purpose of this workshop is to support school staff and teachers to provide training in mindfulness strategies that enhance student learning. Participants will learn mindfulness strategies that are effective to use with students, in addition to incorporating mindfulness as a self-care practice to reduce burnout and managing secondary trauma that arises as a result of working with students that have experienced trauma.

Presenter(s): Monterey County Health Department, Behavioral Health Division (MCBH)

Participants: General and Special Education Teachers, Paraprofessionals, School Psychologists, Speech Language Pathologists, Counselors, Administrators, and Parents

Time: This is a 2-hour presentation

Contact: selpa@montereycoe.org