



This event is presented by the CESA 6 Safe & Healthy Schools and Communities Center

# Meditation and other Mindfulness Strategies for Educators (4th - 12th grade)

**Wednesday, June 28, 2017 and Thursday, June 29, 2017**

**Presenter: Debra Biechler**  
Adjunct Faculty - Viterbo University

## Description

This course includes an introduction to Mindfulness and strategies for educators to use in the classroom. Researched benefits of mindfulness-based education techniques will be studied, as well as ways to share these strategies with parents.



## Workshop Objectives

- Gain an understanding of Mindfulness-based education and its researched benefits.
- Learn practical applications/techniques of using mindfulness-based strategies with students.
- Learn practical applications/techniques of educating parents about mindfulness-based education.
- Practice mindfulness-based techniques and teaching methodology.

## Who should attend?

Regular and special educators grades 4-12, school counselors, school social workers, school psychologists, school leadership teams, and school building leaders

## For additional information contact:

Jackie Schoening  
Coordinator of Safe & Healthy Schools and Communities, CESA 6  
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## To register:

Go to <http://www.cesa6.org/professional-development/> to register online.

Registration questions contact: Debbie Pinkerton, program assistant, CESA 6, 2935 Universal Court, Oshkosh, WI 54904, Phone: (920) 236-0548; Fax: (920) 424-3478; email: [dpinkerton@cesa6.org](mailto:dpinkerton@cesa6.org)

## Registration details

- **Dates:** June 28-29, 2017 (2 days)
- **Registration fee:**
  - ✓ \$185 per person
  - ✓ Fee includes: materials, light breakfast and lunch
- **Time:** 8:30 a.m. - 3:30 p.m. (each day)
- **On-site check in:** 8:00 - 8:30 a.m. (each day)
- **Graduate credit: Optional:** 1 grad credits will be available through Viterbo University for an additional cost of \$200 (payable to Viterbo University)
- **Location:**

CESA 6 Conference Center  
2300 State Road 44, Oshkosh
- **Registration deadline:**

June 1, 2017
- **Online registration:** <http://www.cesa6.org/professional-development/>

Cancellation policy: CESA 6 will issue a refund if a registration cancellation is received 48 business hours before the event date. Attendance at most sessions is limited. Individuals who register but do not attend will be charged the full registration fee. CESA 6 reserves the right to cancel any session due to insufficient enrollment. Participants will be notified by email or phone if a session is canceled.