



Growing Minds

Calm Classrooms & Caring Schools

Who should attend?

Regular & Special
Educators

Counselors/
Social Workers

Psychologists

Leadership Teams

MINDFULNESS & THE TEENAGE BRAIN

**FOR THOSE WORKING WITH
STUDENTS IN GRADES 6-12**

APRIL 11

9:00 - 3:30 (with a 40 min. lunch break)

Presenter: Deb Biechler

Cost: \$50 Safe and Healthy
Schools members and
\$100 non-members
Includes curriculum

[Register on MyQuickReg](#)

Participants will:

- * Receive Growing Minds curriculum.
- * Gain an understanding of Mindfulness-based education and its researched benefits.
- * Learn practical mindfulness-based strategies to use everyday along with cross-curricular connections
- * Acquire knowledge of the teenage brain and implications for the classroom.
- * Maximize student social/emotional skills; a marker for success in school and the workplace