

# Mindfulness Community of Practice



## What?

A community to bring youth-serving professionals together to practice mindfulness and connect with one another.

## Why?

Decrease stress, build a supportive village, and feel connected.

## Details:

- 3 virtual sessions
- Low pressure and casual
- Up to 1 hour in length

## Sessions will include:

- 5 minutes: Intro and Setup
- 20 minutes: Mindfulness Practice
- 5-10 minutes: Theme Talk
- 20 minutes: Connection, Share Celebrations, etc.

## Session Dates & Times

Thursday, October 26, 6:30-7:30pm - Registration

Thursday, January 18, 6:30-7:30pm - Registration

Thursday, April 11, 4-5pm - Registration