

smartED mindfulness training

Stress Management & Resiliency Techniques

Next offering:

April 3 to May 29

8 Tuesdays + Sat May 19, 2018

**Roberts Creek Community School
from 6:30-8:30pm ~ in the library**

A Mind the Gap Project

Mindfulness is not something that you have to “get” or acquire. It is already within you—a deep internal resource available and patiently waiting to be reawakened and used in the service of learning, growing and healing

What is smartED ?

Stress Management and Resiliency Techniques Education curriculum is based on the Mindfulness Based Stress Reduction Program of the Center for Mindfulness in Worcester, Massachusetts and other evidence based research.

This Mindfulness program involves experiential practices including secular meditation and movement. These practices are designed to enhance emotional awareness, self-regulation and well-being.

Restoring within yourself a balanced sense of health and well-being requires increased awareness of all aspects of self, including body and mind, heart and soul. By emphasizing the cultivation of mindfulness we can ignite our inner capacity for peace and infuse our life with awareness and increased joy.

What can you expect ?

This evidence based* program runs for eight consecutive weeks plus one 3-hour silent retreat. The group size is limited to approximately 15 participants.

This highly participatory, practical course includes:

- Instruction in mindfulness theory and guided meditation practices
- Gentle stretching and mindful movement
- Group dialogue and discussion aimed at clarifying the concepts and sharing personal experiences
- Home practice

The course is challenging and life-affirming. The aim is to offer a safe, supportive and deeply engaging learning environment.

*References: Roeser, Schonert-Reichl, Jha, Cullen, Wallace, Wilensky, Oberle, Thomson, Taylor & Harrison (2013), *Journal of Educational Psychology*

Stress Management & Resiliency Techniques Education

DATE & TIME

Program runs Tuesdays ~ **April 3 to May 29, 2018** ~ 6:30-8:30pm plus Sat May 19, 9am-noon. Sessions take place in the library at Roberts Creek Community Elementary School.

For you to fully benefit from this program, you must be willing to make a commitment to attend all classes and to practice at home for the eight weeks. Missing one or two sessions is workable if necessary.

COST

The fee of \$300 includes 19 hours of instruction including a 3-hour retreat, a participant manual, access to web based resources for various practices and a Certificate of Completion from UBC Okanagan.

ORIENTATION

To ensure this program is a good fit for you at this time, an orientation conversation will take place prior to the course.

TO REGISTER

Roberts Creek Community School
Email: mindthegap@eastlink.ca

Phone: 604.885.3481

Facilitator team

Bev Fearnough (MSW, RSW, Certified smartEd facilitator and MBCT trained), Stacia Leech, Wendy Charters and Francine Clohosey. Together they have 50+ years of meditation practice and are completing the smartEd certification process through UBC Okanagan.

Session 1

Introduction to the course, mindfulness theory & practice

Session 2

Introduction to practice, discussion and body scan

Session 3

Responding versus reacting, perceptions of stress

Session 4

Mindful movement, working with emotions

Session 5

Working with anger. Movement and sitting practice

Session 6

Forgiveness. Movement, sitting practice and mindful listening

Session 7

Kindness & compassion with sitting practice and discussion

Session 8

Silent Retreat deepening our mindfulness practice and skills

Session 9

Beginnings & endings with practice, resources, what's next?

Testimonials

- *Practical and very applicable mindful exercise. Very easy to integrate into everyday life.*
- *Very relevant. Great experience / tools for releasing anger!*
- *Thanks for offering a much needed course for staff working in schools.*
- *I liked the mix of meditation and discussion. Learning other's perspectives. Thanks.*