

What's Up Wilmot

FREE!

March 5, 2019
6:00pm-7:30pm

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Wilmot Recreation Complex, 1291 Nafziger Rd. Baden, ON
Wayne Roth Room (second level, inside the track)

Mindfulness for Kids and Caregivers

Mindfulness is often difficult to understand; and even more difficult to put into practice. Mindfulness 101: Building your balance wheel will help grow your understanding of mindfulness, let go of mindfulness stereotypes, and learn how to practically apply various mindfulness techniques. We will be walking through the history of mindfulness, it's benefits, and common misconceptions. In addition, we will examine how we can be mindful and support our kiddos in becoming more mindful as well. To tie our learning together, we will build a balance wheel to help us examine areas of our lives that could benefit from more mindfulness. Put your thoughts into practice and learn how to practically develop your mindfulness skills!

A workshop for kids will run at the same time as the adult group.

Speakers

Matthew Isert Bender is the Clinical Director at ICC. A registered Social Worker and working with ICC since 2003. Working with individuals, couples and groups of all ages at ICC. It is a sacred privilege and honour to walk with people during the transitions and struggles of life as they seek direction, healing and wellness. Play Therapy, Cognitive Behavioural Therapy and mindfulness are three main approaches that I use when working with anxiety.

Lauren Portengen joined Carizon in 2017 as a Community Resource Worker. With a passion for supporting families in schools across the region, Lauren assists families in navigating the She is passionate about facilitating mindfulness groups in the community while consistently continuing along her own mindfulness journey.challenging mental health system.

Register at

www.frontdoormentalhealth.com

Childminding Available

100 Women Who Care Wilmot

