



**South Shore**  
Regional Centre for Education

## Mindfulness in Action (MIA) Education Series

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September 2018

We are back! SSRCE will be offering a 2018-2019 “Mindfulness in Action Education Series”, from October 2018 to May 2019. This series will be offered by Psychologists Kelly Humphries and Shannon Hartlen and Jamie Renouf, SSRCE Teacher. The goal of this series is to explore and develop personal mindfulness practice as well as facilitate growth of mindfulness practice in our schools. There will be 8 sessions this year scheduled from 4:00 to 5:30 in the board room of SSRCE. The sessions will focus on exploration of personal practice, as well as science, research and classroom delivery.

*Dates are as follows:*

**October 4**

**November 8**

**December 5**

**January 10**

**February 6 (Snow date of February 7)**

**March 6**

**April 1**

**May 8**

This MIA series is for those individuals who have not participated in MIA before. All professionals working within SSRCE (e.g., Administrators, Teachers, Teacher Assistants, SchoolsPlus, Child and Youth Care Practitioners, Administrative Assistants, Coordinators, Consultants) are welcome to enrol. Interested staff who enroll in this series are expected to attend all sessions. There will be a certificate of completion provided at the end of the series. Space is limited, therefore, you are asked to register with Diana Knock by Thursday, September 27<sup>th</sup> @ 3:00. Please email [dknock@ssrce.ca](mailto:dknock@ssrce.ca). Name, email, current assignment, and school(s) is requested.

Looking forward to an exciting new year of MIA in SSRCE!