

# MBSR

## MINDFULNESS-BASED STRESS REDUCTION TRAINING

WINTER 2027

ON ZOOM

NO COST FOR TRAINING

30 CEHs/32 SCECHs Available for fee\*

2.95 ASHA CEUs\*

**ORIENTATION IS MANDATORY/SELECT 1**

NOVEMBER 29@7:00-10:30AM EST
DECEMBER 4@7:00-10:30PM
DECEMBER 12@7:00-10:30AM
JANUARY 8@7:00-10:30PM
JANUARY 9@1:00-4:30PM
JANUARY 10@7:00-10:30AM
JANUARY 16@7:00-10:30AM

### 8-WEEK COURSE/ SELECT 1 SECTION

SECTION 1	SECTION 2	SECTION 3
FRIDAY	SATURDAY	SUNDAY
7:00-9:30 pm EST	1:00-3:30 pm	6:30-9:00 am
1/15-3/12	1/16-3/13	1/17-3/14

### ALL-DAY SILENT PRACTICE/ SELECT 1 SECTION

SATURDAY	SUNDAY
FEBRUARY 6	FEBRUARY 28
5:00 am-12:00 pm	2:00 pm-9:00 pm EST

**QUESTIONS? Email [aliturfe429@gmail.com](mailto:aliturfe429@gmail.com)**

**Website: [aliturfe.com](http://aliturfe.com)**

Registration for 8-week course available after attending orientation

**\*30 CEHs** through Michigan Association School Social Workers

Fees: Members \$80; Retirees \$60; Non-Members \$100

Contact Michelle Thompkins Social Worker CEH Coordinator ([thompkinsm@aol.com](mailto:thompkinsm@aol.com))

**\*30 SCECHs** through Clinton County Regional Educational Agency

Fee: \$25, Contact Ken Lounds ([lounds\\_k@ccresa.org](mailto:lounds_k@ccresa.org))

**\*2.95 ASHA CEUs** through American Speech-language-Hearing Association

**INTENSIVE TRAINING IN MINDFULNESS MEDITATION AND MOVEMENT PRACTICES  
TAUGHT BY ALI TURFE, SCHOOL PSYCHOLOGIST, CERTIFIED MBSR TEACHER  
BROWN UNIVERSITY MINDFULNESS CENTER**

