

MBSR

MINDFULNESS-BASED STRESS REDUCTION TRAINING SUMMER 2024 ON ZOOM

NO COST FOR TRAINING

30 CEHs/30 SCECHs Available for a fee*
2.95 ASHA CEUs*

ORIENTATION IS MANDATORY/SELECT 1 JUNE 7 (5:30-9:00 PM EST)
JUNE 8 (1:00-4:30 PM)
JUNE 15 (7:30-11:00 AM)

8-WEEK COURSE/ SELECT 1 SECTION

SECTION 1	SECTION 2	SECTION 3
MONDAY	TUESDAY	WEDNESDAY
7:00-9:30 pm	1:00-3:30 pm	6-8:30 am
6/17-8/12	6/18-8/13	6/19-8/14

ALL-DAY SILENT PRACTICE/ SELECT 1 SECTION

SATURDAY	SATURDAY	SUNDAY	SUNDAY
JULY 27	JULY 27	JULY 28	JULY 28
5:00 am-12:00 pm	2:00-9:00 pm	5:00 am-12:00 pm	2:00-9:00 pm

QUESTIONS? Email aliturfe429@gmail.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 Region D President (thompkinsm@aol.com)

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

Fee: \$25, Contact Ken Lounds (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**