

MBSR

MINDFULNESS-BASED STRESS REDUCTION TRAINING FALL 2026 ON ZOOM

NO COST FOR TRAINING
30 CEHs/32 SCECHs/ Available for fee*

ORIENTATION IS MANDATORY/SELECT 1 SECTION

AUGUST 22	1:00-4:30 PM EST
AUGUST 28	7:00-10:30 PM
AUGUST 30	7:30-11:00 AM
SEPTEMBER 5	7:30-11:00AM

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
9/4-11/2	9/5-11/3	9/6-11/4

ALL-DAY SILENT PRACTICE/ SELECT 1 SECTION

SATURDAY	SUNDAY
SEPTEMBER 26	OCTOBER 4
5:00 am-12:00 pm	2:00 pm-9:00 pm EST

QUESTIONS? Email aliturfe429@gmail.com

Website: aliturfe.com

Registration for 8-week course available after attending orientation

***30 CEHs** through Michigan Association of School Social Workers Region D
Fees: Members \$80; Retirees \$60; Non-Members \$100 Contact Michelle
Thompkins Social Worker CEH Coordinator (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**