

MBSR

MINDFULNESS-BASED STRESS REDUCTION TRAINING SPRING 2026

ON ZOOM

NO COST FOR TRAINING

30 CEHs/30 SCECHs Available for fee*

2.95 ASHA CEUs*

ORIENTATION IS MANDATORY MARCH 20 7:00-10:30 PM EST
MARCH 21 1:00-4:30 PM
MARCH 27 7:00-10:30 PM
MARCH 28 7:30-11:00 AM
APRIL 4 1:00-4:30 PM
APRIL 5 7:30-11:00 AM

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
4/10-6/5	4/11-6/6	4/12-6/7

ALL-DAY SILENT PRACTICE/ SELECT 1 SECTION

SATURDAY	SATURDAY	SUNDAY	SUNDAY
MAY 18	MAY 18	MAY 19	MAY 19
5:00 am-12:00 pm	2:00 pm-9:00 pm EST	5:00 am-12:00 pm	2:00 pm-9:00 pm

QUESTIONS? Email aliturfe429@gmail.com

Website: 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 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**