

# MBSR

## MINDFULNESS-BASED STRESS REDUCTION TRAINING FALL 2024 ON ZOOM

### NO COST FOR TRAINING

30 CEHs/30 SCECHs/ Available for fee\*

ORIENTATION IS MANDATORY/SELECT 1 SECTION

AUGUST 24 7:30-11:00 AM EST

AUGUST 31 1:00-4:30 PM

#### 8-WEEK COURSE/ SELECT 1 SECTION

SECTION 1	SECTION 2	SECTION 3
FRIDAY	SATURDAY	SUNDAY
5:30-8:00 pm	1:00-3:30 pm	6:30-9:00 am
9/6-11/1	9/7-11/2	9/18-11/3

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

SATURDAY	SATURDAY	SUNDAY	SUNDAY
OCTOBER 12	OCTOBER 12	OCTOBER 13	OCTOBER 13
5:00 am-12:00 pm	2:00 pm-9:00 pm	5:00 am-12:00 pm	2:00 pm-9:00 pm

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