

# MBSR

## MINDFULNESS-BASED STRESS REDUCTION TRAINING WINTER 2025 ON ZOOM

### NO COST FOR TRAINING

30 CEHs/30 SCECHs Available for fee\*

2.95 ASHA CEUs\*

ORIENTATION IS MANDATORY JANUARY 4 7:30-11:00 am OR  
JANUARY 11 1:00-4:30 pm EST

#### 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
1/17-3/14	1/19-3/15	1/20-3/16

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

SATURDAY	SATURDAY	SUNDAY	SUNDAY
FEBRUARY 22	FEBRUARY 22	FEBRUARY 23	FEBRUARY 23
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 Region D President ([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**