



Mindfulness: Theory and Activities to Promote Resilience

Stoney Creek Service Provider Network Event

Bouncing back from hard times is a skill that lasts a lifetime. This presentation will introduce participants to some of the research that supports Mindfulness as a skill that fosters resilience, followed by practical, fun and creative Mindfulness activities for children.

Sheri Clark, MSW, RSW, is a social worker who has worked in both private practice and community health care. Sheri has completed ongoing training in Mindfulness and is committed to making these practices accessible to children.

When: Monday April 13, 2015

Time: 6:00 – 8:00 p.m.
(Doors open at 5:30pm)

Where: Saltfleet Library
131 Gray Road, Hamilton, L8G 3V3

Please email nharrower@ascy.ca to register.

For more information, please call
Nancy Harrower at 905-574-6876.

A light dinner will be served

Door prizes!

Please let us know if you have any special requirements we need to be aware of to better serve you.