



MINDFULNESS SKILL-BUILDING

mind·ful·ness

Acknowledging and paying attention to the present moment, without judgment.

The Prevention Council of Erie County is available to contract with your school or organization to provide Mindfulness Workshops and Collaborations for adults and youth. Programs and practices supported by neuroscience and appropriate for all ages.

Programming Opportunities Include:

thepreventioncouncilec.org



- Multi-part skill-building series for youth, young adults, parents, non-profit administrators and staff, and medical office staff (in-person and virtually)
- Full and ½ day experiential workshops
- Wellness Event workshops for students, school administrators/staff, caregivers and seniors, human service agencies
- On-going mindfulness groups specifically targeting adults or young adults, and parenting adults
- Custom Programming Options: Partnering mindfulness tools/practices with existing curricula to enrich and support program delivery
- We create individualized programs specifically for your setting: community, workplace, and school/classroom

Programs may be available in-person or virtual per request.

Benefits of Mindfulness Practices :

- Increased resiliency: Greater ease to manage life stressors and regain balance when facing obstacles
- Increased self-awareness in communication/relationships
- Increased sense of community and responsiveness
- Decreased reactivity

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We would love to connect to see how we can be of service to your community!

Check out our agency website or contact us to discuss availability and to build an individualized offering that's right for your needs.

