

MBSR

MINDFULNESS-BASED STRESS REDUCTION TRAINING WINTER 2024 ON ZOOM

NO COST FOR TRAINING
30 CEHs/30 SCECHs Available for fee*
2.95 ASHA CEUs*

ORIENTATION IS MANDATORY JANUARY 6 7:30-10:30 am OR
JANUARY 13 1:00-4:00 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
1/19-3/15	1/20-3/16	1/21-3/17

ALL-DAY SILENT PRACTICE/ SELECT 1 SECTION

SATURDAY	SATURDAY	SUNDAY	SUNDAY
FEBRUARY 24	FEBRUARY 24	FEBRUARY 25	FEBRUARY 25
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

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**