

MAY 8TH, 2023

6:00PM TO 7:30PM

ZOOM PRESENTATION

Mindfulness Strategies and Practices for Families

This workshop will provide useful information, and practices on how to calm the nervous system. Together we will explore the impact of stress on the brain and body. These simple practices will help us allow our children, ourselves, and others we connect with to be more present and skillful in supporting one another.

PRESENTED BY
WENDY BARACKA, LICSW
IS THE DIRECTOR OF
COUNSELING SERVICES
AT SHEPHERD
UNIVERSITY.
WENDY IS A 200HR
CERTIFIED YOGA
INSTRUCTOR AND A
PRACTITIONER OF
MINDFULNESS BASED
STRESS REDUCTION
TECHNIQUES AND
STRATEGIES.



TO REGISTER FOLLOW
THE QR CODE



OR EMAIL
SANDERS@SHEPHERD.EDU

1.5 Free Social Work CE hours available Shepherd University
Department of Social Work Certified Provider Number 490049