

# Mindfulness

## for Youth-Serving Professionals

Did you know that being mindful has a positive impact on the way we react and respond to challenging situations?

Join us to...

Discover the role of **"anchors"** as leaders in the classroom or workplace

Explore **mind-body connections**

Learn how **stress** directly impacts the wellbeing of adults and youth

Utilize **mindfulness tools**



Wed, May 8th



1:00-3:00pm



Virtual



Sandy Juniper, M.Ed.



**REGISTER NOW!**

Questions? Contact [jayne.quartz@touchstonebh.org](mailto:jayne.quartz@touchstonebh.org)