

Mindful Families & Mindful Schools

Workshop with Jerry Braza, PhD

Tuesday, September 20, 5:30-7:30pm

Homer Public Library, 500 Hazel Avenue, Homer

Who is this for?

All parents, teachers, and anyone interested in helping children and students increase focus and lower stress! No prior experience with mindfulness needed!

This free mini-workshop will cover:

- Being mindful parents & teachers
- Mindfulness-based school programs
- Coping strategies for parents & teachers



Mindfulness is the quality of being aware of what is happening while it is happening, without judgment. See for yourself its beneficial, wholesome impact on physical, emotional, mental, and spiritual wellbeing.



We are pleased and excited to welcome presenter Jerry Braza, PhD

Jerry has been a leading voice in the field of health education and mindfulness. As a former university professor and author of two books on mindfulness, he brings a variety of practical experience from his work with behavioral health groups, health care organizations and non-profits.

Childcare available - Food provided - Event is free

For Childcare: RSVP by noon 9/20 @ 235-6044. Space is Limited!



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