



Mindfulness: Grassroots to Integration, Pre-K to Higher Education

DATE:
Friday,
December 1, 2017



TIMES:

7:30 a.m. – 8:15 a.m.
Check-In

8:15 a.m. – 9:00 a.m.
Group Mindfulness Practice

9:00 a.m. – 4:00 p.m.
Conference

LOCATION:

CCSU Main Campus
Memorial Hall
1615 Stanley St
New Britain, CT

COST:

\$100 per person

(Includes continental breakfast & lunch.)

REGISTER

or register at
www.crec.org/mindfulness

Certification of Completion for
7 hours will be provided.

CREC and Central Connecticut State University (CCSU) are co-hosting their third annual conference about mindfulness. The goal is to share best practices, research, theories, and ideas – to deepen and expand understanding of mindfulness and social emotional learning in schools and universities. The conference will help participants utilize the information with children, youth, adults, and families.



Keynote Speaker

Daniel Rechtschaffen, a licensed marriage and family therapist, is author of *The Way of Mindful Education* and *The Mindful Education Workbook*. He is the founding director of Mindful Education, a mindfulness and social emotional learning platform for educators. Mr. Rechtschaffen teaches mindfulness through music, sports, storytelling, games and other creative and engaging ways. He is inspired to utilize mindfulness to help us become more conscious, compassionate, and committed to taking care of this miraculous world we live in.

For conference information contact: Emily Rosen at erosen@crec.org or 860-509-3610

For registration assistance contact: Deb Van Wyngaarden
at dvanwyngaarden@crec.org or 860-509-3687.

Go to www.crec.org/mindfulness for more information.

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