

The SELPA3 Community Advisory Committee Presents:

Mindfulness

How Everyday Mindfulness Can Help Parents and Caregivers

Debbie Rice

Special Education Teacher, Cambrian School District

Ms. Rice, a K-5th grade SDC teacher for over 20 years, will explain what Mindfulness is and describe techniques that she has found effective for her personally and her teaching in the classroom. A growing body of scientific evidence has shown that Mindfulness can help adults, caregivers, and children reduce stress and anxiety while strengthening attention, a sense of calm, and being more present in the moment. Parents and caregivers can expect to learn about stress, its effects on the body, strategies and proven methods that can be incorporated into their daily lives to help cultivate a sense of calm presence and reduce the impacts of stress. By practicing Mindfulness, parents and caregivers can better respond (not react) to situations and be more present with our kids.

Don't Miss This Free Presentation!

Date: Thursday, February 8, 2018

Time: 7pm – 8:30pm

**Location: Cambrian School District
Professional Development Center
4115 Jacksol Dr., San Jose, CA 95124**

Spanish translation services available if requested by February 1st. Email your request to chair@selpa3cac.org

Questions? Contact chair@selpa3cac.org. For more information about our CAC see www.selpa3cac.org

Special Education Local Plan Area III (SELPA3) includes the following school districts: Cambrian, Campbell, Campbell High, Lakeside, Loma Prieta, Los Gatos, Los Gatos – Saratoga High, Luther Burbank, Moreland, Saratoga, and Union.