

Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

Using Mindfulness to Increase Well-Being and Effectiveness in the Classroom and at Home

Presented by Heather Hessel PhD, LMFT, Intuitive Therapy and Counseling, White Bear Lake (www.intuitivetherapyclinics.com)

7-8:30 p.m.

Jan. 15

WBLAS - North Campus Theater
(5045 Division Avenue, WBL)

Description of the Program:

Research has shown that the average person pays attention to what's in front of them only about half the time, and that not being "in the present moment" is related to unhappiness, dissatisfaction, and distraction. In this session we'll look at the core components of mindfulness and explore some simple mindfulness activities that can be used to build the muscle of "staying present," leading to greater well-being and more satisfying relationships at work and at home.

UPCOMING EVENTS IN THE SERIES

Feb. 19 (7-8:30 p.m. at North Campus Theater)
The Fallacy of Perfect Parenting by FRrē Family Recovery Resource Experts, St. Paul, MN

March 19 (7-8:30 p.m. at North Campus Theater) ADHD/ADD Supports and Toolbox by Nicole McKinney, WBLAS

April 16 (7-8:30 p.m. at North Campus Theater) Healthy Teens and Safety by Ramsey County Public Health

May 21 (7-8:30 p.m. at North Campus Theater) Finding Self-Control: Responses to Children's Emotional and Physical Outbursts by Jenny Hanlon, M.Ed, WBLAS



Series sponsored by
White Bear Lake Area Schools
Student Support Services Department.



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