

MINDFULNESS FOR YOUR SCHOOL COMMUNITY

WORKSHOPS AND PROFESSIONAL DEVELOPMENT TRAININGS

EMPOWERING STUDENTS AND FACULTY TO FIND MORE CALM AND A SENSE
OF WELL BEING IN THEIR EVERY DAY LIVES



■ **What is Mindfulness?** Mindfulness is the practice of being present and aware in the moment, helping to reduce stress and anxiety, improve mood, and promote overall well-being

■ **Why Mindfulness in School?** Rooting your classroom or school environment in mindfulness practice can strengthen coping skills, building more resilient individuals and communities one moment at a time

For more information, contact **Stefanie Carbone, LCSW**

-Mindfulness Educator

-High School Counselor

-Certified Forest Therapy Guide



stefcarbone7@gmail.com



914-582-9022

foresttranquility.com