

# ATTENTION:

Head Start Teachers, Preschool Teachers,  
Classroom Teachers K-12, Administrators,  
Guidance Counselors, Social  
Workers, Mental Health  
Workers, School  
Psychologists



## The MINDFUL Classroom Series

January 19 | February 2 | February 16 | March 2 | March 16  
4:30-6:30 PM

COST: \$250 | ACT 48: 10 HOURS

Mindfulness is a practice that allows us to attend to the present moment in a kind and nonjudgmental way. It is a life skill that promotes concentration, resilience, and overall well-being. The Mindful Classroom Series will provide participants with fundamental skills and resources to embark on their own mindfulness practice and will offer suggestions on how to share the joy of mindfulness with students.

### PRESENTERS:

- Susan Magoni: Susan is a Licensed Clinical Social Worker and Certified .b Mindfulness Instructor.
- Jesse Gluckman: Jesse is a Trainer and Consultant with experience bringing mindfulness to the classroom.

### SESSION TITLES (must attend all):

- Mindfulness, What's the big Deal?
- Mindfulness to Improve Attention and Concentration in the Classroom
- Cultivating Emotional Awareness in the Classroom
- Mindfulness to Reduce Anxiety in the Classroom
- Mindfully Moving Forward

### LOCATION:

Montgomery County Intermediate Unit  
2 West Lafayette Street  
Norristown, Pa 19401

### REGISTRATION:

[www.mciu.org/register](http://www.mciu.org/register)  
use search term, "mindful"

Registration questions? Please contact Lois Winton (610) 755-9315 | [lwinton@mciu.org](mailto:lwinton@mciu.org)