

Mindfulness Seminar Series

Presented by Blair McElroy, LCSW, Psychotherapist and the Marin County Special Education Advisory Committee

This introductory mindfulness webinar series will consist of 4 one-hour online meetings across a 12-week period. Each webinar will combine didactic and experiential learning about specific aspects of mindfulness so that participants' may learn mindfulness tools to help reduce stress.

Session 1: January 21st at 7:00 pm

Participants will be introduced to mindfulness and the stress response, and learn preliminary exercises that are foundational to practicing mindfulness.

Session 2: February 11th at 7:00 pm

Session 3: March 4th at 7:00 pm

Participants in these sessions will explore the neuroscience behind mindfulness, and be introduced to mindfulness exercises using non-reactivity, focused attention, and awareness of thoughts, emotions, and sensations. Participants will learn strategies that can help anchor them to the present moment, increase self-regulation, and reduce stress.

Session 4: March 25th at 7:00 pm

Participants will learn the role of kindness in mindfulness and participate in experiential exercises related to heartfulness, self-compassion, and gratitude that can help reduce stress and increase resilience.

All sessions are free and will be held via webinar. Registration is required and Spanish translation is available upon request, 48 hours in advance. Please use the following [link](#) to register.