



MindUP™ Parent Workshop
Wednesday, December 4, 2013

When: Wednesday, December 4, 2013 (6:00 PAC meeting, 6:30 - 8 Workshop)

Where: Adams Road Elementary Gym

Price \$2 (includes a chance to win some cool prizes!)

Register with this form or contact

adamsroadpac@hotmail.com

Unfortunately there will be NO childcare available for this event.

The MindUP™ Program

MindUP™ was created to help children understand the ways their brains work as well as how their thoughts and feelings affect their behaviour. It has four goals:

1. To foster mindful focused awareness;
2. To increase positive human qualities, such as empathy, perspective-taking, helpfulness and kindness;
3. To increase optimism and well-being,
4. To foster a cohesive, caring classroom climate.

MindUP™ is a comprehensive collection of social, emotional, and self-regulatory strategies and skills developed for children to cultivate well-being, focused attention and emotional balance.

MindUP™ nurtures optimism and happiness in the classroom, helps eliminate bullying and aggression, increases empathy and compassion, while resolving peer conflicts in schools.

MindUP™ Parent Workshops

MindUP™ parent workshops help to equip families with brain-focused strategies to raise optimistic and resilient children. Parents will learn how to decrease parental frustration and infuse family life with joy, optimism, and mindful connection.

The MindUP™ parent workshops utilize key components from the lessons in the MindUP™ curriculum to provide families with easy strategies to increase attention, improve emotional and behavioral regulation skills, help manage stress, and to help the entire family develop a positive mind-set.

Speaker

Molly Stewart Lawlor, M.A., Ph.D student
Department of Educational & Counseling Psychology and Special Education
The University of British Columbia Laboratory
Certified MindUP™ trainer for the Vancouver School Board

If you would like to learn more about the research around Social and Emotional Learning, please visit www.casel.org. You can learn more about the MindUP™ program at www.thehawnfoundation.org.



Name: _____

I would like _____ tickets for this event.

I have enclosed _____ for my tickets. (\$2 each)

Email: _____

Child's Name: _____

Division: _____

Return to your child's teacher to reserve your spot.