

Mindful Mondays: Cultivating Our Collective Resilience and Connections through Mindfulness Practices



What: Mindful Mondays- Take a pause to focus on Self-Care by joining your friends, colleagues and community to practice Mindfulness together.

Why: We are all living with great trauma and stress, given the current climate of the pandemic and racial unrest. Research shows that regular self-care, such as mindfulness practices, can reduce stress and improve social emotional well-being. Mindfulness practices support both students and adults in emotion regulation, resilience and increased positive relationships.

When: Every Monday (*except for holidays*) from 11:30-11:45am, beginning on September 21st and ending June 7th.

How: Register [HERE](#) to receive Zoom link.

Who: Everyone is welcomed-Staff, Parents, Students.

**Note: Because Zoom maximum capacity is 300, we will record these sessions and make them available on our webpage immediately following each session for anyone not able to attend the live sessions.*

For more SEL resources, please visit our *SEL for Distance Learning and Beyond* [HERE](#).

We Are. We Belong. We Can.