

Mindfulness:

Fostering resilience in our children and reducing stress in our homes

Mindfulness has proven beneficial in many sectors from hospitals to corporations, many professional sports teams, and most recently in classrooms. It has emerged as an effective method in schools to help increase attention, decrease impulsivity, build resilience, increase executive function and improve prosocial skills in children. The Amigos School and the Cambridge Health Alliance Center for Mindfulness and Compassion invite you to join them in this 3-part lecture series to learn how this simple method can reduce stress in everyday life and help our children learn and thrive.



Location:

Amigos School Library, 2nd floor.
15 Upton Street, Cambridge, MA
Childcare will be provided for children 4 and older.

New Date!

Part 1: Fostering resilience in our children

Wednesday, February 25th, 7-8pm

Dr. Christopher Willard, PhD will define mindfulness and how it can benefit children and teens in schools and in their homes.

Part 2: Reducing stress in our homes

Thursday, March 5th, 6:30-8 pm

Dr. Susan Pollak, MTS EdD will experientially guide parents and school staff on how mindfulness can relieve stress. She will provide mindfulness tools to be used at home and in the workplace.

Part 3: Practicing together: Bringing mindfulness to schools and homes

Thursday, April 9th, 6:30-8 pm

Dr. Beatriz Meza-Valencia, MD will provide resources and guidance on how adults and children can practice mindfulness together in classrooms and homes.

All workshops will be given in English. An English-Spanish Interpreter will be available.

Mindfulness: Fomentando la fortaleza emocional en nuestros hijos y reduciendo el estrés en nuestros hogares

Mindfulness es una manera específica de prestar atención. Esta práctica crea una pausa donde reacciones impulsivas son remplazadas por respuestas meditadas. Los beneficios comprobados de ésta práctica incluyen: mejor atención y concentración, más calma, menos estrés y ansiedad, menos impulsividad, más conciencia de sí mismo y más empatía y entendimiento de los demás. Con mindfulness adultos y estudiantes tienen acceso a las mismas herramientas que atletas profesionales, locutores, y músicos emplean para superar las presiones que existen en la vida profesional y cotidiana. La escuela Amigos y El Centro de Mindfulness y Compasión de Cambridge Health Alliance los invita a una serie de 3 talleres para aprender más de cómo ésta simple práctica puede bajar el estrés y aumentar el aprendizaje y el bienestar de niños y jóvenes.

Lugar:

La biblioteca de la escuela Amigos, 2do piso.
15 Upton Street, Cambridge
El servicio de cuidado infantil estará disponible para niños desde 4 años de edad en adelante.

Todos los talleres se darán en inglés y se proporcionará los servicios de un intérprete de inglés-español.

1er Taller: Cómo fomentar la fortaleza emocional en nuestros hijos.

Miércoles, 25 de febrero, 7 - 8 p.m.

El Dr. Christopher Willard nos va a familiarizar con lo que es mindfulness y cómo mindfulness ayuda a niños y a jóvenes en las escuelas y en los hogares.

2do Taller: Cómo reducir el estrés en nuestros hogares.

Jueves, 5 de marzo, 6:30 - 8 p.m.

La Dra. Susan Pollak nos va a guiar en cómo mindfulness puede reducir el estrés y nos va a dar herramientas que podemos usar en el hogar y en el trabajo.

3er Taller: Cómo practicar mindfulness juntos en la escuela y en los hogares.

Jueves, 9 de abril, 6:30 - 8 p.m.

La Dra. Beatriz Meza-Valencia compartirá recursos y guías que padres y profesores pueden usar para practicar mindfulness con niños y jóvenes.

**Bios:**

Christopher Willard, Psy.D., is a psychologist and educational consultant in the Boston area specializing in mindfulness-based work with adolescents and young adults. He holds an appointment at Cambridge Hospital, a Harvard Medical School teaching site, and leads workshops nationally and internationally. Dr. Willard has been practicing meditation for over 15 years. His thoughts on mental health have been featured in The New York Times, cnn.com, and elsewhere. He is the author of *Child's Mind* (2010), *The Mindfulness for Teen Anxiety Workbook*, (2014), and Co-Editor of *Mindfulness with Youth, From the Classroom to the Clinic* (2015).

Susan M. Pollak, MTS, Ed.D. is a clinical instructor in psychology at Harvard Medical School, Cambridge Health Alliance, where she has taught and supervised since the mid 1990s. She is the president of the Institute for Meditation and Psychotherapy and a psychologist in private clinical practice in Cambridge, Massachusetts. A long time student of meditation and yoga, she teaches about mindfulness and compassion in psychotherapy, and has been integrating the practices of meditation into psychotherapy since 1985. Dr. Pollak is a co author of co-author of *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; co-editor of *The Cultural Transition*; and a contributing author of *Mapping the Moral Domain; Evocative Objects*; and *Mindfulness and Psychotherapy, 2nd Edition*.

Beatriz Meza-Valencia, MD is a pediatrician, a mom of young children, and a mindfulness educator for children and teens. She is a US Army veteran who started practicing mindfulness during her early military career. Her passion for the well being of children and families, and for reducing stress in schools led her to become a mindfulness educator. She is trained in several classroom mindfulness curriculums to include *Mindful Schools*, *.b*, and *The Still Quiet Place*. Over the past year she has taught mindfulness as a volunteer in the Cambridge Public Schools to over 150 students ranging from 3 year olds to 8th graders.