



Partnership in Action Learning Series

MINDFULNESS IN CLINICAL PRACTICE

Helping clients balance the demands of work, life and family and staying well in the process is no small feat. Research has shown that the practice of mindfulness is a helpful strategy in reducing stress. This experiential offering is for clinicians in the helping profession to become familiar with the concept and practice of mindfulness. It is anticipated that this will be helpful for personal practice as well as for supporting clients.

Join us for this free 8-week class starting October 27th!

- Who:** Clinicians working with children, youth & families
Where: Discovery Office, 206 - 96 Cavan Street, Nanaimo
When: Thursdays, 3:30 to 5:00pm, Oct 27th to Dec 15th, 2016
Facilitator: Jennifer Keane, M.Ed., therapist at NARSF and long-time practitioner and teacher of mindfulness.
To register: Call the Discovery Office (250) 739-5790 or email your name and contact info to discovery@viha.ca.
Space is limited to 12-14 registrants.

*This Partnership in Action Learning Series is brought to you by
Island Health Discovery Youth and Family Substance Use Services
and NARSF Programs Ltd.*

