

The University of Toronto School of Continuing Studies: 3277 Teaching Mindfulness to Teens 2-Day Course

Dates: Saturday October 26, 2018 - Sunday October 27, 2019

Times: 9:00am - 4:00pm

Location: School of Continuing Studies Social Work,
158 St. George Street Toronto, ON, M5S 2V9

Facilitators: Heidi Bornstein & Natalia Fister

Course Fee: 350.00

Teens today need help to manage anxiety, cultivate empathy and compassion and develop coping skills. Mindfulness can help them, and this introductory workshop will help you teach mindfulness to teens. Whether you're a teacher, education support worker, or other youth service practitioner, you'll get the information and resources you need to design a new mindfulness curriculum or implement an existing one. You'll explore the core elements of mindfulness training, practical applications, curriculum connections, neuroscience research, customized lesson plans and adaptations for different populations.

What You'll Learn:

- Assess the resources needed to implement a mindfulness program.
- Use age-appropriate activities, practices and instructional materials.
- Select activities and practices that will support mindful core competencies
- Show students how they can benefit from mindfulness practice.
- Help teens enhance their optimism, motivation, creativity and impulse control skills through the use of mindfulness.

Applicable Certificates

- [Applied Specialization in Mindfulness Meditation](#)