

# The Brain on Stress: Breaking through versus breaking down

June 29th, 2020  
13:30-15:00

In this seminar we will gain a basic understanding of how our brains are built, how stress and trauma impact the brain and nervous system, and how we might use education, knowledge, and mindfulness-based practices to shift from survive to thrive.

## Learning Objectives:

### Participants will

- Gain a surface understanding of the brain and how it is built
- Gain insight into how adverse childhood experiences (ACE) and chronic stress affect our brain and body.
- Gain insight into how ACE and chronic stress affect our overall health and wellness.
- Learn simple tools for training the brain to remain grounded despite adversity and challenge.

## Speaker:

### Michele Theoret

Owner Empowered U: Yoga and Counselling  
Master of Science Natural Health  
Master of Arts Counselling Psychology  
Mental Health Therapist (CCC)  
Yoga Therapist



Experience working with indigenous in an integrative and collaborative way as both a yoga teacher and therapist.



### Target Audience

Teens, adults educators,  
youth workers, parents, and  
support workers



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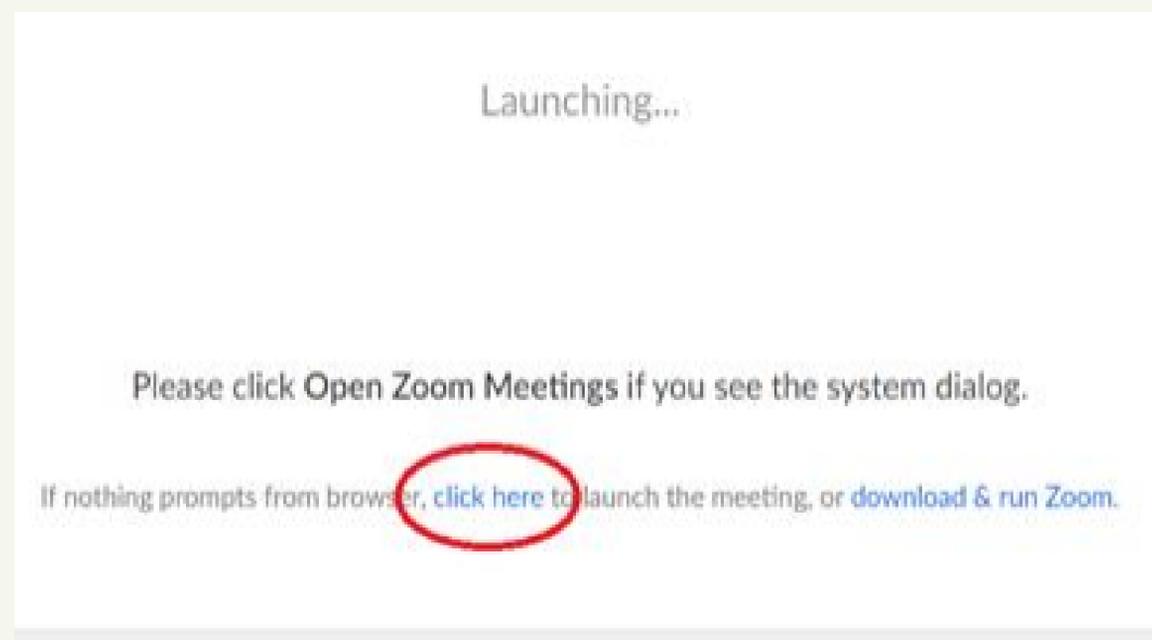
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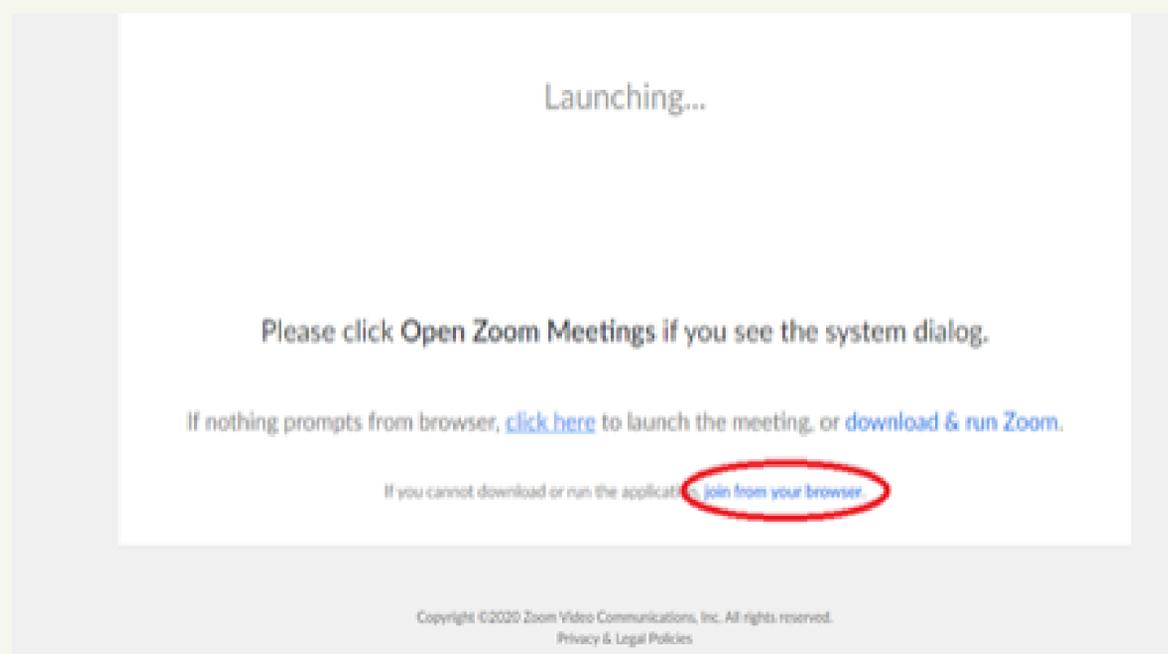
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