

Mindfulness: Benefits for the Whole Family

Ohpekinowasowin / "Child Development" Learning Series

October 21st, 2020

10:30-12:00

Learning Objectives:

- What is mindfulness?
- Why mindfulness?
- Where and when to do mindfulness?
- Resources



Speakers:

Renata Logan, is a Registered Psychologist who has been serving individuals, couples and families of the Edmonton area for the past 15 years. She has a M.Sc. in Marital & Family Therapy and bases much of her work in a holistic frame - believing that the source for healing or lasting change is rooted in the mind-body-spirit triad, as well as the family-community connection. Her intention as a clinical educator and psychotherapist is to assist persons of all ages and histories in finding a pathway towards improved daily life contentment and well-being.

David Knechtel is an Educator with Children, Youth, and Families - Addiction and Mental Health. In his career as an Occupational Therapist, David has worked as a consultant in schools and homes supporting the social-emotional, physical, and learning needs of preschoolers, school-aged children, and youth. David enjoys his role as an Educator promoting mental health awareness among caregivers and staff who support children and youth.

Please contact

Darcy Jagodzinsky for
additional information at
DJagodzinsky@treaty8.org



Target Audience
All are welcome



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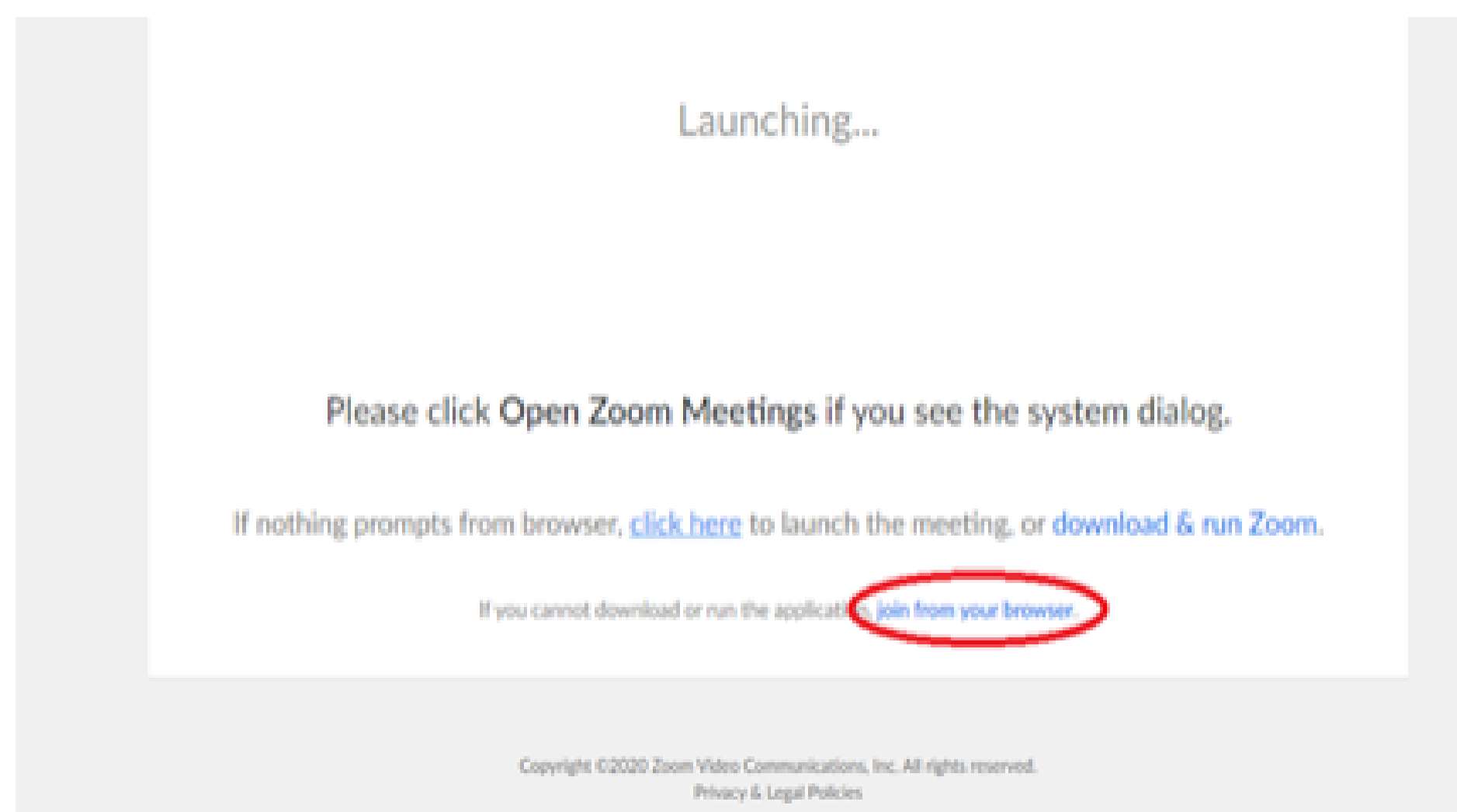
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