



The Lackawanna- Susquehanna BH/ID/EI Program is sponsoring a workshop on

## MINDFULNESS

Presenter: Phillip Sallavanti

Thursday

SEPTEMBER 24, 2020 from 11:00am to 12:00pm  
VIA Zoom

<https://zoom.us/j/97011335567?pwd=dUZ1NGF6VTJhNjYyOUoya2lKeGJTQT09>

### Intended Audience:

Individual Consumers of Behavioral Health services and their families, Behavioral Health Provider staff, Community Members

### CALM of NEPA Mindfulness Workshop

The **CALM** program is adapted from the Mindfulness Based Stress reduction program developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center.

This workshop offers a balance of didactic content and experiential learning.

The didactic material emphasizes Forty years of evidence-based research for Mindfulness-Based Stress Reduction (MBSR). The experiential modules offer an introduction to the key mindfulness practices presented in MBSR.

You will have the opportunity to:

- Directly experience key mindfulness practices and assess the effects on mind and body
- Utilize mindfulness practices to increase presence and empathy and counteract stress, anxiety, fear, and compassion fatigue
- Apply simple mindfulness practices for immediate use