

Using Mindfulness to Enhance Well-Being

Tuesday, August 1, 2017 | 6-8 p.m.

\$20/webinar participant \$80/agency group

Register online at: <https://mindfulnesswellbeing2017.eventbrite.com>

Questions? Contact us at info@coalitionforcyf.org or call 414-475-1246

About the Training

This class will introduce mindfulness, some of the research surrounding it, and specific techniques that can be used by children and adults to enhance well-being. At the core of mindfulness practice is cultivating a sense of safety, satisfaction, and connection to others. The practices work at both psychological and physical levels to positively affect our sense of well-being as well as our brain structure, biochemistry, and genetic expression. A basic and practical introduction to mindfulness techniques and the way they affect our minds and bodies will be provided.

About the Trainer

Penelope Dixon, M.S, LPC, is a Parent-Child Interaction Therapy (PCIT) practitioner on the well-being team at Children's Hospital of Wisconsin. Prior to her role as a PCIT



practitioner, Penelope spent four years with Children's as a treatment foster care program educator, providing pre-licensing and continuing education to foster parents. Earlier in her career, she worked in special education in Milwaukee Public Schools.

Penelope is a licensed professional counselor. She earned her bachelor's degree in educational policy and community studies from the University of Wisconsin-Milwaukee, and later a master's degree in professional

counseling from Grand Canyon University. She is a Milwaukee native with a passion for caring for Milwaukee's most underprivileged and underserved populations.