

# Greene County ESC

## Celebrating Staff, Students, and Services



It's easy to let negative thoughts and feelings creep in during the COVID-19 pandemic. The coronavirus is spreading. Nations are under quarantine. People are out of work. Some schools remain closed, indefinitely.

Despite all of this, keeping a positive mindset can go a long way in managing through the difficult time. The Greene County Educational Service Center continues to focus on student and stakeholder success, celebrating staff and students, and offering quality services to stakeholders.



**OUR VISION**  
*The Greene County ESC aspires to develop and deliver quality services benefiting students, families, staff, and partners in education.*

**OUR MISSION**  
*The mission of the Greene County ESC is to promote educational success of students by providing essential, effective, specialized services supporting collaborative partnerships amongst all stakeholders.*



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Every career milestone should be more than a simple thanks for past events. It should be a moment of reflection and a recommitment to the future. It should recognize the employee's accomplishments - and look ahead to even greater success in the years to come. In other words, a true career milestone program reimagines the work anniversary and transforms every career achievement into an occasion for celebration. Because of this, the GCESC takes this time to celebrate two groups of employees- those who have achieved retirement this past school year and those beginning a career with the Greene County ESC.

## Congratulations to GCESC Retirees!

**Barb MacPherson** ended her career as an Occupational Therapist by working for GCESC for the seven final years of her career. While at GCESC, Barb provided services to students in the Xenia Community Schools. The GCESC Occupational Therapy staff will miss her passion and expertise. Barb was always willing to go above and beyond to support her colleagues and students. Luckily, she will not leave the education profession completely... during her final year here at the ESC, she worked to become re-certified as an Orton-Gillingham specialist so that she can continue to make an impact on young learners.

**Anne Stewart** began working for GCESC as a Speech and Language Pathologist during the 2013-14 school year. She primarily worked in the Greeneview Local School District during her seven years with GCESC. Anne had a passion for encouraging students' literacy development through speech therapy. She also filled a unique role as the only GCESC speech therapist able to conduct Spanish speaking evaluations. Anne is open to returning for Spanish speaking evaluations while pursuing other career options in the field of speech and language pathology. Anne's quirky, upbeat personality that engaged both students and colleagues will be missed.

**Lynn Sontag** retired at the end of the 2019-2020 school year after a long, loving, child-focused career. She was a wonderful preschool teacher and served the ESC for twenty-one years. She worked at Xenia Preschool as well as Bellbrook Preschool and helped so many children become the light that they are today. Lynn brought her love of nature to the children both indoors and out. Taking the children for a hike in the woods and showing them insects, flowers, leaves, mushrooms, and animals was a highlight of each year. Lynn was a master at telling stories and guiding the children to act them out. She taught the children how to use everyday objects to represent story props, such as a blue scarf for a pond or a table for a bridge. Most importantly, Lynn valued each child's ideas, and always listened to and validated them.

The GCESC is thankful to have had the pleasure to work with **Maria Calabrese** over the past sixteen years. Maria was the transition unit classroom teacher at Baker Middle School and was dedicated to providing the best possible education for all of her students. Maria was always very kind, compassionate and understanding to all of her students. When dealing with difficult situations on a daily basis, Maria always knew what to say and how to handle the situation to ensure a positive outcome for all. All of Maria's students speak highly of her and will never forget how she impacted their lives. Maria is wished much happiness in her retirement and she will truly be missed.

**Eliza Woodburn** has been a member of the Greene County Learning Center (GCLC) family for thirty-three years. As Art Therapist, Eliza served as teacher, creator, nurturer, and friend. She provided many opportunities for creative outlets. Her willingness to develop and oversee groups and activities always had a knack for being exactly what was needed. Because of the naturally calming way that she lives her life, students and staff often sought out Ms. Woodburn knowing that she could help them feel better. Ms. Woodburn's devotion, kindness, and care for GCLC students sets the bar high and is the standard for how to approach the profession. Her dedication to the students and staff at the GCLC will be a pillar of strength and hope for years to come. In fact, her impact will be lifelong. She will be missed greatly is wished the very best in the next chapters of her life.

**Mel Campbell** worked closely as a team member in the Greene County ESC program starting in 2004, serving in many different roles from director to teacher assistant. One of Mr. Campbell's most recent roles was teaching assistant at the Youth Recovery Program (YRP) in Xenia. Mr. Campbell always built good rapport with the students and let them know he cared about them. He clearly enjoyed working with the students, often giving them advice that would help them in their life. Mr. Campbell exhibited a good sense of humor in his work with students and staff, was always willing to work with some of the most difficult students and find a way to relate to them. Outside of work Mr. Campbell enjoys attending church activities, running, golfing, and spending time with family.

## GCESC Welcomes New Employees

Susan Fiegl  
Beavercreek City Schools  
**Care Coach**

Kayleigh Izor  
Bellbrook Middle and High School, Stephan Bell  
Elementary, Project Life, Carroll High School  
**Speech/Language Pathologist**

Arianne Koon  
GCESC  
**School-based Mental Health Therapist**

Nanette Lugo  
Wright State University  
**Project LIFE Teacher**

Ellie McHugh  
Cox Elementary, Arrowood Elementary, Xenia  
Preschool  
**Occupational Therapist**

Michaela Welbaum  
Stephan Bell Elementary, Bellbrook-Sugarcreek Middle  
School, DECA, St. Brigid  
**Speech/Language Pathologist**

Joyce Smith  
Total Communication Preschool Classroom  
**Speech/Language Pathologist**

Traci Womack  
Bellbrook-Sugarcreek, Friends, and Greeneview  
**Preschool Supervisor**

## A Unified Message to Protect Students, Staff, and Families

Unprecedented times call for unprecedented solutions. Ohioans have a rich history of collaborating, innovating and inventing to solve complex challenges. Ohio's partners in education are no exception. Since the ordered school-building closure began last March, schools in Greene county have stepped up to ensure student success. The efforts of educators, parents, caregivers, supporters, and students are recognized and appreciated.

Therefore, Greene County Schools are using a unified message to promote physical distancing, wearing masks, and washing hands. By doing these simple things, we can help keep students in school, staff working, and families safe.



**Back up. Mask up. Wash up.  
Together Greene County!**

*When children and adults follow these small steps, it can make a big  
difference in preventing the spread of #COVID 19.*

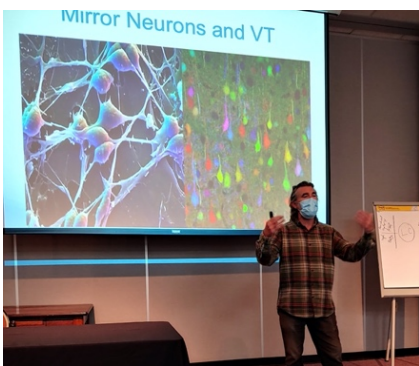
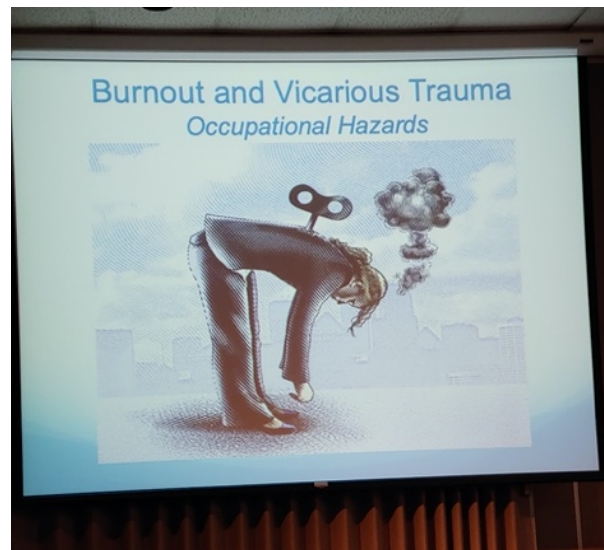
*What happens outside of the classroom impacts whether we can be  
together in the classroom.*

**#InThisTogetherOhio #MasksOnOhio**



## Greene County Learning Center Celebrates the Whole Child

On Friday, October 16th staff at Greene County Learning Center (GCLC) had a professional development day. The day focused around whole child learning. Teams were given collaboration time to share social-emotional learning activities with one another and then reported those activities to the staff. The staff worked on professional growth plans with a focus on whole child learning. The staff attended a session from Greene County ESC's Mental Health Director, Dr. Tim Callahan, about vicarious trauma and other trauma informed topics. Lastly, the staff ended the professional development day with a session from GCLC's Director, Brad Kayata, entitled "The Slippery Slope of Conflict Resolution." Staff learned about how conflict resolution looks from three different lenses of peace makers, peace breakers and peace fakers. It was a great day of learning that staff found very valuable.



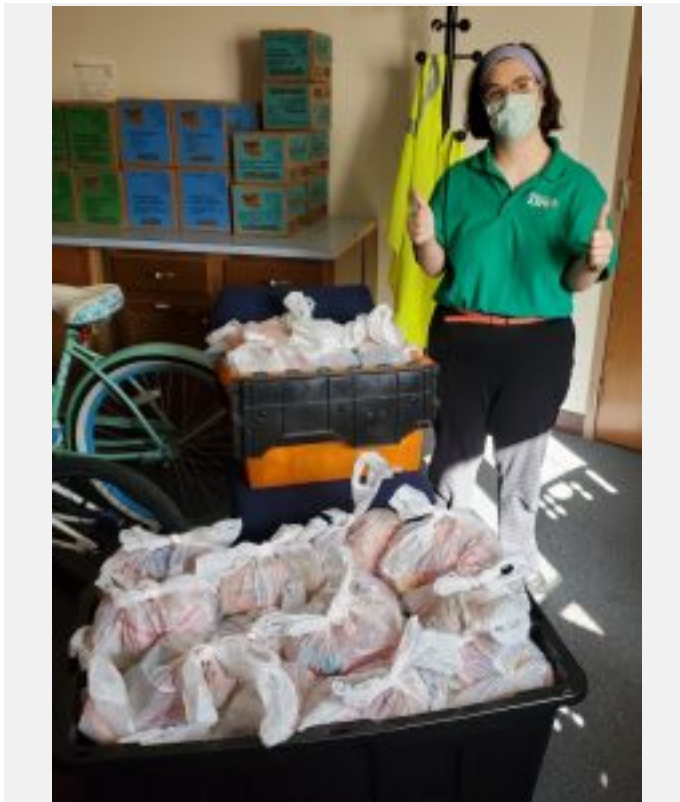
The staff at GCLC continues to learn about whole child education. All teachers just signed up for a virtual professional development series about functional behavior assessments and behavior intervention plans being offered through State Support Team 10. Also, the Greene County Learning Center had several staff members register for and attend the Ohio Department of Education's *Trauma-Informed Schools Virtual Conference* on Saturday, November 7th. This conference had leaders in trauma-informed care from across the United States presenting best practices for schools. The staff at GCLC will be using this information to continue to research and learn about whole child learning throughout the rest of the 2020-2021 school year.

On Friday, October 30<sup>th</sup>, the GCLC held a COVID 19-friendly trick or treat event. Students dressed in Halloween costumes and had a pumpkin-decorating contest. Students received pre-packaged treats by attending a socially distanced trick or treat gathering in the GCLC gym. Staff and students got into the Halloween mood by decorating and painting pumpkins. Group 1, Mrs. Harleman's class won the best decorated pumpkin prize. Staff and students both enjoyed competing in the pumpkin decorating contest.



## Wright State hosts program to educate and prepare high school students with disabilities to become independent adults

By [Jim Hannah](#)  
[james.hannah@wright.edu](mailto:james.hannah@wright.edu)  
 November 10, 2020



Through Project LIFE, student interns receive education and preparation for adult life five days a week in a Wright State classroom.

An education and job skills preparation program run by the Greene County Educational Service Center for students with disabilities has found a partner in Wright State University.

Wright State hosts Project LIFE, enabling 12 student interns to receive education and preparation for adult life five days a week in a classroom in Allyn Hall.

“With Project LIFE here on campus, we have an opportunity for the Wright State University community to become even more inclusive because we get to share space, experiences and relationships,” said Dusty Columbia, assistant professor of teacher education.

The Greene County Educational Service Center offers alternative education programs, a learning center for students with mental health or emotional needs, intensive needs programming, mental health services, adaptive physical education and speech, occupational and physical therapy.

Project LIFE was implemented by Butler Tech in 2007 and replicated by the Greene County Educational Service Center this academic year. The program is designed for students with disabilities, ages 18-21, who have met their high school graduation requirements and need additional education and preparation, leading to future employment.

The program consists of 25% classroom instruction at Wright State, 25% instruction in daily living skills lab and 50% unpaid entry-level job experiences in a variety of community businesses.

The classroom instruction portion of the program introduces skills in team building, personal financial literacy, social communication, self-advocacy, technology, employability, independent living and functional independence in the community. The job skills preparation sites provide real-world experiences in learning about essential job skills.

“Our student interns gain knowledge and skills that are beneficial to transitioning to adulthood,” said Kristin Brown, Transition/Project LIFE coordinator. “Also, by being in a partnership with Wright State University, it gives them the opportunity to be on a college campus and to interact with their same aged peers along with partnering with the education department at Wright State, which is a win-win situation for all of us.”

## Celebration of Accomplishments at INC Workshop

2020 - 2021 INC Program Teachers:

Ms. Kirsten Johnson

Dr. Tanya Dodge

Mrs. Lorry Creech

INC Industries is up and running again despite COVID-19. Most of the students have returned to face-to-face learning and they are keeping the workshop hopping!

One side-effect of the 'new normal' is that the class cannot do large group activities. This year all middle INC students have been pushing out of the classroom to other parts of the school environment, while getting acclimated to social distancing and wearing a mask. MS INC students each spend time in the workshop practicing clocking-in/out and completing a job assignment from start to finish. The students are becoming more independent and surpassing all expectations!

The students are continuing to make dog biscuits, fire bricks, kid bags for local restaurants, spirit keychains/zipper pulls, and buckeye necklaces. They are also assembling journals as a job for Crayons for Classrooms. Although selling their products has been more challenging with all the restrictions, they are still intending to send out flyers to advertise the variety of products they are making. Hopefully, with the holidays approaching, the sales will increase. Although the experience of face-to-face sales is more beneficial for the students, INC Industries is adapting to the current need to avoid interpersonal contact, so the students are learning how to process and fill orders from paper order forms.



In terms of services, INC Industries also offers FREE shredding. You can either drop off your materials to be shredded, or you may send it interoffice mail to the Bellbrook site. Be advised that confidential materials are kept safely under lock and key prior to the destruction of the documents.

INC Industries provides our low-incident students with multiple opportunities to practice their communication skills, their self-regulation skills, and to improve their understanding of left to right sequencing and following stepped directions from start to finish.

Please see the INC Industries flyer below or you can request a flyer by emailing Kirsten Johnson at [kjohnson@greeneesc.org](mailto:kjohnson@greeneesc.org).



INC Industries  
 Functional Workshop Products for Sale  
 To place an order call 937-767-6142 Ext 1184

<p>Sport Keychains                  We have all 32 NFL teams available                  We also have local school colors.                  \$2.50 each</p>	<p>Organic Doggie Doughnut                  Dog Biscuits                  Bag of 8 for \$4.00                  (need to be refrigerated or kept in                  the freezer)</p>	<p>Wax-Soaked Fire Starter Bricks                  Bundle of 3 for \$5.00.                  Great for a wood-burning fireplace,                  &amp; for an outdoor bonfire</p>

<p>Hand painted sea glass                  vase w/battery-                  operated tea light                  \$4.00</p>	<p>Gift Bags, Tissue Paper                  &amp; Confetti filler                  Bundle of 4 for \$3.00</p>	<p>Buckeye Keychain \$2.50                  Buckeye Necklace \$5.00</p>	<p>Air Purifying Snake Plant                  Small \$3.00                  Large \$5.00</p>



## Outdoor Advantage: Celebrating Student Learning

2020 - 2021 Outdoor Advantage Program  
Teacher: Mr. Andy South

The students finished reading the book *The Giver* and had to write an alternative ending that aligned with the concepts of the story for the writing assignment. Students have now begun reading *The Hobbit*, and are working to identify the central themes of each chapter. Students become more and more engaged in the story that is unfolding as each section is read aloud. Students look forward to reading the stories selected, and are discovering that books can be as interesting as movies - one just has to create the contexts in the mind instead of relying on a director to develop the scenes on a screen. The surprise to celebrate in this is that many students are learning to enjoy reading and are good readers!

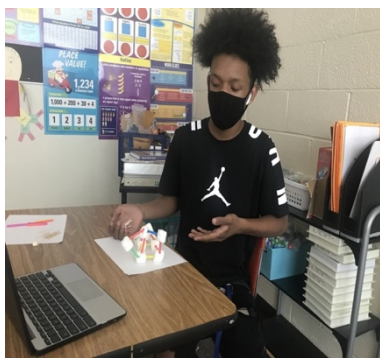
Recently, the students took a 5-mile hike to search for fossils at Spring Lakes. The students found many fossils and then had to research the time period in which the fossils originated. During the hike, the students also saw an incredibly impressive bald eagle. This was quite an exciting surprise to behold, as most had never seen a bald eagle before!



For Veterans Day, the students visited a very old cemetery that is conveniently located in Bellbrook. This cemetery features a unique connection that bridges the past to the present, tangibly - a Revolutionary War soldier's grave! The Outdoor Advantage students hiked from the school to the cemetery and successfully located this historical treasure. The entire experience made a tremendous impact on the students and provided rich, contextual connections to their social studies curriculum.

## The Academy of Greene County: Celebrating New Curriculum and Student Cooperation

2020 - 2021 Program Teacher: Mr. John Gale



Students and staff are so pleased to be able to meet back together at the Academy while social distancing and following COVID protocols. Along with the ability to meet and work with the majority of students in a face-to-face paradigm, staff also are meeting daily with some students whose families have opted for them to learn remotely. Of note, a brand-new curricular platform was adopted this year which is highly rigorous and includes lots of engaging experiments and hands-on activities. Some of the lessons students have completed already involve creating models of molecules, developing their own personal financial budgets, analyzing differences in heart rate, investigating chemical properties and reactions, and even designing their own inventions! Students are having a great time interacting with the new curriculum and appreciate being able to monitor progress, proceeding with learning the myriad of concepts introduced. Staff members are extremely proud of the students' efforts.

Additionally, the Academy students have been overwhelmingly cooperative with participating in numerous new protocols enacted to increase safety measures for all in this current COVID landscape. Students have done this with very few complaints, recognizing the importance of contributing to the slow of the spread. This level of student cooperation and insight reflects a broader focus on community and the needs of others. Those are most certainly perspectives to celebrate!

# Preschools Celebrate Fall

## Bellbrook Preschool

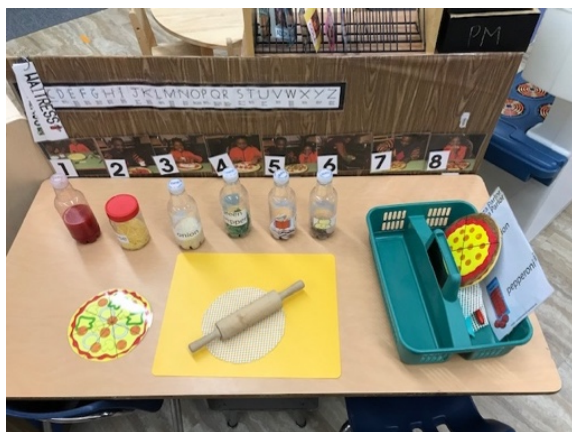
Bellbrook students in Mrs. Gaskill's and Mrs. Ripberger's classes went on a virtual field trip to a pumpkin patch. They watched a video of a trip to the farm and pumpkin patch and then walked over to a simulated "pumpkin patch" and all the children got to pick pumpkin.



Students in Mrs. Wright's class read, re-read, and acted out the story, *The Big Pumpkin*. They each took turns to help "pull" out the pumpkin and cooperate to do it together.



Students in Miss VanderYacht's class heard the story about *The Three Little Pigs*. Then they retold it and acted it out. Later they built their own houses from straw, sticks, and bricks. They all got to huff and puff and try to blow them down.



Mrs. Moulten's class brainstormed all they knew about pizza and then made a pizza shop. They read some pizza books and then kids had a great time making pizza.

Students in Mrs. Siemen's class celebrated Halloween by making lots of fun projects, including creepy spiders, pumpkins, and bats. They also told some silly stories.

All of Bellbrook Preschool had a spirit week, the week leading up to Halloween. They had Crazy Hair Day, Pink Day for Breast Cancer awareness, Pajama Day, and then Halloween costume Day and even got to Trick-or-Treat to the Preschool Office.



## Friends Preschool

Typically, every year Friends preschool takes a field trip to Young's Dairy where the students get to pick pumpkins, go on a wagon ride, and have ice cream. Since the preschool was unable to go this year due to the virus, the students had their own *Fall on the Farm* celebration. They had a small pumpkin patch and took turns riding in the wagon to pick pumpkins. The students played in corn, made a scarecrow, and had Young's ice cream for snack.



## Greeneview Preschool



Students in Mrs. Heather's class enjoyed setting up and hosting pretend birthday celebrations! Through this play, students are learning about counting, letter recognition and social skills, and of course singing "Happy Birthday"!



Students in Mrs. Angel's class had a great time being construction workers. They had hard hats, tools, paint cans, bricks, measuring tapes, and plenty of blocks. They learned to count, measure, stir, stack, paint, and compromise.

Students in Miss Brittany's class had a costume shop in the classroom. The students could dress up like superheroes, princesses, animals, and many other things. They loved pretending and looking at themselves in the mirror.



## Greene County to Launch Ohio Handle With Care



Greene County is set to launch the *Ohio Handle With Care* program with a target date of Monday January 4<sup>th</sup>, 2021. *Ohio Handle With Care* is coordinated by the Greene County ESC and Greene County Juvenile Court, with Anya Senetra (Greene ESC), Magistrate Amy Lewis and Cassie Kooser as the leads from each organization. The state of Ohio lead for this is Robyn Venoy of Hopewell Health Centers.

*Ohio Handle With Care* is a collaborative cross-systems, trauma informed program aimed at ensuring that children who are exposed to adverse events are able to receive supportive interventions at school and have opportunities to build resilience through positive relationships with teachers and first responders.

Greene County hosted a Handle With Care Community Partners Kickoff event on October 22, in a widely attended *Zoom* based meeting. Representatives from all eight Greene County public school districts and police departments signed Memorandums of Understanding in support of the *Ohio Handle With Care* program. Robyn Venoy and Magistrate Amy Lewis opened the meeting, with the Honorable Judge Adolfo Tornicho and Sherriff Gene Fischer also speaking in support of the program. In attendance were the directors and staff from many key Greene County community partner agencies including Job and Family Services, the Mental Health and Recovery Board of Clark, Greene and Madison Counties, the Family Violence Prevention Center, Children's Services, Family and Children First Council. In all, over 75 people participated in the kickoff with training portions lead by Cassie Kooser and Anya Senetra.

The *Ohio Handle With Care* program asks first responders to note when a school-aged child is present during an arrest, house fire, overdose, domestic violence incident, car accident, or other possible traumatic event. The first responder obtains the child's name and school, then sends a notice stating, "Handle with Care" and the student's name to the appropriate school. No specific information about the event is needed or ever provided to the school. The Handle with Care protocol allows school staff to provide additional support to students in the days following adverse/traumatic experiences and monitor for any ongoing needs. Regular First Responder visits to schools provide opportunities to connect with students and develop resilience-building relationships.

Greene County school districts and police departments will be part of trainings (live and *Zoom*) to prepare for the January 4<sup>th</sup> launch. The Juvenile Court Assessment Center and Greene ESC Mental Health Services will provide the primary community based supports and referrals for additional services for youth who may have needs following exposure to these adverse events.

More information is available at: <https://www.handlewithcareoh.org> or through the Greene County Coordinators: Magistrate Amy Lewis, Contact for First Responders at: [alewis@co.greene.oh.us](mailto:alewis@co.greene.oh.us), Cassie Kooser, Contact for First Responders at: [ckooser@co.greene.oh.us](mailto:ckooser@co.greene.oh.us), or Anya Senetra, Contact for School Personnel at: [asentra@greeneesc.org](mailto:asentra@greeneesc.org).



## Early Childhood Mental Health (ECMH) Team Offers Support

### SELF CARE IS ESSENTIAL SERIES

In response to these challenging times, the EMCH Team is offering *Self Care is Essential*, a professional development opportunity for school staff and teams that serves to boost resilience and prevent secondary trauma or burnout. These sessions focus on prioritizing you, changing patterns of unhelpful thinking, using physical and mental techniques to cope with stress, and creating a self-care plan. The series pulls from research based prevention programs such as *Build Your Bounce* by Devereux Center for Resilient Children and *Taking Care of Ourselves* from the IECMH Center of Excellence at Georgetown University. The series is available for six contact hours of credit through the Ohio Professional Registry- Ohio Child Care Resource and Referral Association (OCCRRA).

### PARENT SUPPORT GROUPS

We all know that parents are a child's first teacher and this school year some parents are literally one of their children's teachers! Maintaining connections and offering support for parents, caregivers and families during this time of stress and uncertainty is a top priority for our ECMH Team. To help this cause, the ECMH Team is offering parent support groups, twice weekly, via Zoom to parents and primary caregivers of children ages 0-10. These support group sessions cover a variety of parenting topics surrounding social and emotional development- including discipline, delivering consequences, following directions, challenging behavior, self-care, and balancing work and school. To be added to the distribution list for the Parent Support Group flyers please e-mail the request to: [ECMHTeam@greeneesc.org](mailto:ECMHTeam@greeneesc.org).

**Self Care is Essential**

GREENE ESC  
GREENE COUNTY EDUCATIONAL SERVICE CENTER

OFFERED BY  
THE EARLY CHILDHOOD MENTAL HEALTH  
TEAM AT THE GREENE ESC

*A three part series for 6 contact hours through the  
Ohio Professional Registry*

Each virtual session will last one hour followed by one hour of personal reflective "homework" and opportunities for staff members to check in with a ECMH consultant.

The following topics will be covered:  
Changing patterns of unhelpful thinking  
Using physical and mental techniques to cope with stress  
Creating a self care plan

To schedule a session, e-mail:  
[ECMHTeam@greeneesc.org](mailto:ECMHTeam@greeneesc.org)

For more information on the content offered:  
[Building Your Bounce](#)  
[Taking Care of Ourselves](#)

If you are interested in learning more, the ECMH team can be reached at [ECMHTeam@greeneesc.org](mailto:ECMHTeam@greeneesc.org) or through the ECMH Team Facebook page: <https://www.facebook.com/groups/EarlyChildhoodMentalHealthTeamatGCESC>.

# Winter Professional Development Offerings

For registration information (including costs) please visit <https://www.woscpd.org>

## Cultivating Motivation and Self-Efficacy in Students

Tenacity is a virtue, but the personal fortitude to stick with an arduous task takes time and experience to mature. Join us in this virtual training for a compelling session on how to help students find motivation and the reserves to stick with projects and tasks, be they physical or intellectual.

**Registered participants will have access to the recorded session.**

*Presented by Rick Wormeli*  
December 3 | 9:00-10:30 AM

## Descriptive Feedback Principles and Techniques

Feedback yields higher learning and students' investment in their studies, whereas judgment can inhibit both. Join us in this virtual training for a provocative workshop in which we identify fundamental elements of effective, formative feedback and students' self-monitoring of their progress toward goals, useful to all subjects and grade levels.

**Registered participants will have access to the recorded presentation.**

*Presented by Rick Wormeli*  
December 14 | 9:00-10:30AM



Join us for thought-provoking conversations in exploring the history of race and our own racial identity in the context of education. *Some of My Best Friends Are Black* chronicles America's troubling relationship with race through four interrelated stories to uncover the deep emotional fault lines set trembling by race and takes an unflinching look at an America still struggling to reach the mountaintop.

Dates: January 12, January 19, January 26, February 2  
Time: 3:30-5:30 PM



Join us for thought-provoking conversations in exploring the history of race and our own racial identity in the context of education.

*Seeing White Season 2: A 14-part podcast documentary exploring whiteness in America- where it came from, what it means, and how it works.*

Dates: January 13, January 20. January 27, February 3, February 10  
Time: 3:30-5:30 PM

**Utilizing State Assessments as High-Quality Student Data**

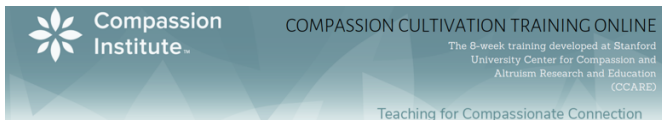
Choosing and using high-quality student data (HQSD) to guide instructional decisions and meet student learning needs is key in making sound instructional decisions for students.

January 26 | 9:00-10:30 AM

**Utilizing Local Assessments as High-Quality Student Data**

How do we know if a local assessment is "high-quality" data? Participants will learn how best to utilize the data to make sound instructional decisions that will directly connect to the growth and learning of students.

January 26 | 1:00-2:30 PM



Stress and struggle are a natural part of life. We train people and groups to move through life and its challenges with a steady mind, from a place of connection and inner strength.

Dates: March 2, March 9, March 16, March 23, March 30, April 6, April 13, April 20  
Time: 4:30-6:30 PM



**LOOKING AT MINDFULNESS**

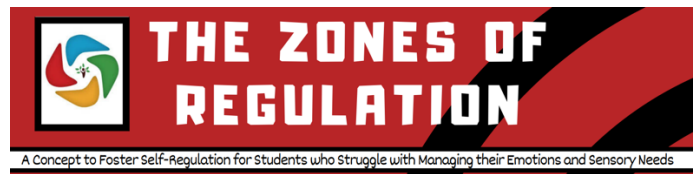
AN EXPLORATION OF MINDFULNESS THROUGH ART FACILITATED BY JIM ROWLEY PH.D. BASED ON THE INTERNATIONAL BESTSELLER **LOOKING AT MINDFULNESS: TWENTY-FIVE PAINTINGS TO CHANGE THE WAY YOU LIVE** BY CHRISTOPHE ANDRE

This workshop is open to any individual interested in the practice of Mindfulness, be they a beginner or a lifetime practitioner.

Major themes:

- Becoming Aware: An Attitude of Mind
- Living with the Eyes of the Mind Wide Open
- Passing through Storms: The Present Moment as a Refuge
- Opening and Awakening: The Greatest Journey

Dates: April 7, April 14, April 21, April 28, May 5, May 12, May 19, May 26  
Time: 4:30-6:30 PM



The Zones of Regulation is a framework and curriculum designed to foster skills in self-regulation, including emotional control, sensory regulation, and executive functions. It is a systematic, cognitive behavior approach that uses four colors to help students visually and verbally self-identify how they are functioning at the moment given their emotions and state of alertness.

April 21 | 9:00 AM - 4:00 PM