



**More information:** Contact Information: Fran Gonzales 389-2073

**Mindfulness Based Stress Reduction (MBSR) Workshop**

**What:** Mindfulness Based Stress Reduction, developed originally by Jon Kabat-Zinn, is a program that teaches how to use mindfulness to promote improved health and healing. The skills learned can become part of a lifelong journey leading toward personal and social transformation. The workshop has eight 90 minute sessions. The content of the sessions include didactic teaching, experiential learning and discussion. There will be a half day silent retreat on a Saturday afternoon, 3-7pm toward the end of the workshop, which includes a vegetarian meal. This workshop is open to the public, it is non-denominational and health focused. It is offered as education.

**Facilitators:** Wendy Sullivan, LMSW is a clinical social worker whose practice includes working with clients dealing with multiple medical and mental health problems and trauma resulting from military combat. Peter Sullivan, LCSW, is a clinical social worker whose practice has included many years in community mental health, particularly working with clients in group psychotherapy.

**When:** Winter 2012 Session: Thursdays 6:30

**More information:** Contact Rev. Greg Byrd at