



# Transform Yourself, Transform Your Classroom

***Avoid burnout  
and attrition***

***Maintain a positive  
classroom environment***

***Enjoy and excel  
in your career***

## Continuing Education Credits

*Meet your CE requirements*

- PSESD Clock Hours:  
\$53 fee for 24 clock hours
- DEL STARS Credits:  
\$5 fee for 24 STARS credits
- APA Approved Credits:  
\$20 fee for 24 credit hours

## Schedule

*Two 1.5 day weekend sessions*

- Friday April 25, 2014 from 5:00 - 8:30pm
- Saturday April 26, 2014 from 8:30am - 3:30pm
- Friday May 9, 2014 from 5:00 - 8:30pm
- Saturday May 10, 2014 from 8:30am - 3:30pm
- Follow-up session in June, TBD

## Location

*Center for Child & Family Well-being*  
3903 Brooklyn Ave NE  
Seattle, WA 98105

## Registration

*Includes the June follow-up and a light dinner during Friday sessions*

- Workshop price: \$465
- Please inquire about group rates

## Contact Us

Kristina Ponischil, Program Coordinator  
[mindful@uw.edu](mailto:mindful@uw.edu) or 206.221.8508

## Cultivating Awareness and Resilience in Education (CARE)

*Professional Training taught by Christa Turksma, DRS*

**What it is:** CARE helps teachers handle stress and rediscover the joys of teaching, without introducing new curriculum. CARE begins with you by fostering understanding, recognition and regulation of emotion so you can bring greater awareness into your classroom.

**How it works:** Based upon current research on the neuroscience of emotion, CARE promotes:

- Basic mindfulness activities, like short silent reflection
- Activities that demonstrate how to bring mindfulness to challenging situations you encounter
- Better relationships with your students, classroom management, empathy, and compassion



Visit <http://ccfwcare.eventzilla.net> to register

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<http://depts.washington.edu/ccfwb/>

Center for  
**CCFW** being  
Child and Family Well-Being  
UNIVERSITY of WASHINGTON | Department of Psychology