

Skills for Mindful Living Series

The Skills for Mindful Living series is a BC Association of Clinical Counsellors (BCACC) community service initiative (Public Presentation Project), developed in collaboration with Canadian Mental Health Association North and West Vancouver Branch (CMHA) and the West Vancouver Community Centres Services Society (WVCCSS).

This project is designed to provide opportunities to the West Vancouver community to develop healthy strategies for living and skills to enhance family relationships. BCACC Registered Clinical Counsellors will present educational workshops addressing daily life issues such as stress reduction, parenting, family and couple relationships, conflict resolution, anger management, and mindfulness.

Workshops will be held in the Cedar Room in the West Vancouver Community Centre on Marine Drive at 21st Street in West Vancouver. Workshops are open to 40 registrants and while there is no fee for participation, donations are welcome. Proceeds from each workshop will be invested in local, community-based charities.

The list of 2010 "Skills for Mindful Living" workshop series is as follows:

January 21: Joanne Weiler: The Three Faces of Stress

February 18: Diane Anderson: Getting the Love you want

March 18: Jennifer Scott: Sleep Wellness

April 22: Sally Halliday: Riding the Waves of Change

May 20: Ruth Shell: Mindfulness

June 17: Carol Siebert: Communication Skills

September 23: Claire Sutton: Tuning into your Emotions

October 21: Christine Kutzner: How to be an Intentional Parent

November 25: Saskia Roland Khosravi: Staying Connected in Your Intimate Relationships

For comments and feedback please contact:

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