

Fall 2016-2017 School Year

Waiting List Registration: **NOW OPEN**

Mindfulness-Based Stress Reduction (MBSR)

A Professional Development Program
for Miami-Dade County Public Schools



M-DCPS Educators Participation Fee \$100

Mounting scientific evidence supports mindfulness-based programs help teachers reduce stress and burnout, anxiety disorders and depression, and improve immune function, attention, memory, executive function, compassion, resilience, among other benefits.



Classes will be taught once weekly for 8-weeks, 2.5 Hours:

- Orientation for All Participants on September 17th from 10am to 11:30am
- Saturday, Sept. 24 - Nov. 19, 10:00 - 12:30pm, Riviera Presbyterian Church
- Tuesdays, Sept. 27 - Nov 15, 5:00 - 7:30 pm, Miami Senior High School
- Wednesdays, Sept. 28 - Nov. 16, 10:00 - 12:30 pm, Riviera Presbyterian Church
- Wednesdays, Sept. 28 - Nov. 16, 6:00 - 8:30 pm, Riviera Presbyterian Church
- Thursdays, Sept. 29 - Nov. 17, 5:00 - 7:30 pm, Feller Room, Above Palmetto Bay Library
- Day Retreat for All Participants on November 5, from 9am to 4:30pm

Participants completing the MBSR Program are eligible to receive
27.5 Master Plan Points (MPP's), see next page to register

For more information about how you, your colleagues, and/or your school can participate in this program, please contact Mindful Kids Miami at info@mindfulkidsmiami.org

www.MindfulKidsMiami.org

Mindful Kids Miami (MKM) is a 501(c)(3) non-profit organization dedicated to bringing the benefits of mindfulness to all children, grades Pre-K through 12, in Miami-Dade County. The intention of Mindful Kids Miami is to teach mindfulness skills to children and adults in schools, hospitals and institutional settings.

Fall 2016 M-DCPS Educators Registration & Master Plan Points

Welcome, we look forward to your participation in the 8-week Mindfulness-Based Stress Reduction Program being offered by Mindful Kids Miami (MKM) for Miami-Dade County Public School (M-DCPS) Educators, which include teachers, counselors, social workers, psychologist, and school administrators.

Waiting List Registration is **NOW OPEN** for M-DCPS educators. Registration will be confirmed via email after the M-DCPS post the class on a M-DCPS Weekly Reader notice. The Weekly Reader notice will provide this document and the following link for registration:

<http://www.mindfulkidsmiami.org/public-schools-program/>

Click on the **Upcoming Events** link on this page and register for the 8-week Mindfulness-Based Stress Reduction (MBSR) Program of your choice. There are 5 MBSR Programs to choose from.

We are allowing several registrations to community members to register for most of the classes at the full price of \$500. The majority of available slots are being saved for M-DCPS educators at the highly discounted price of \$100.

The MBSR course requires a commitment to attend each of the 8-week sessions for the full 2.5 hours, as well as the Day Retreat for 7.5 hours. If you are not able to attend any of the weekly sessions or the Day Retreat you will not receive the 27.5 Master Plan Points being offered through the M-DCPS *My Learning Plan*, Professional Development Department. You must attend the session at the venue for which you registered.

An exception would be allowed for you to attend another venue if you have a work related conflict or a medical emergency for yourself or an immediate family member. You must provide documentation to MKM as support, which will be provided to M-DCPS so you qualify for your Master Plan Points. All documentation will be subject to audit and review by the State of Florida and by M-DCPS Professional Development Department.

If you do not wish to obtain the Master Plan Points, you are welcome to attend another session, but will need to communicate with MKM so we may plan accordingly and note your participation at the different venue and or semester. There will be plenty of opportunities to complete the course prior to June 2017. Mindful Kids Miami will be offering the MBSR Programs throughout the winter and spring semesters of 2017.

The classes for the fall MBSR Programs will be provided at the following venues:

- Riviera Presbyterian Church, Room #19, 2nd Floor, 5275 Sunset Drive, Miami, FL 33143
- Miami Senior High, 2450 SW 1st St, Miami, FL 33135
- Feller Community Room above Palmetto Bay Library, 17641 Old Cutler Road, Palmetto Bay, FL 33157

Take close attention to the scheduled classes on the next page so you are aware when the make-up classes will occur:

MKM 2016 Fall MBSR Schedule

Session	Day	Time	Date	Where
Orientation	Saturday	10:00-11:30PM	9/17/2016	Sanctuary@Riviera
1	Saturday	10:00-12:30PM	9/24/2016	MKM#19@Riviera
2	Saturday	10:00-12:30PM	10/1/2016	MKM#19@Riviera
3	Saturday	10:00-12:30PM	10/8/2016	MKM#19@Riviera
4	Saturday	10:00-12:30PM	10/15/2016	MKM#19@Riviera
5	Saturday	10:00-12:30PM	10/22/2016	MKM#19@Riviera
6	Saturday	10:00-12:30PM	10/29/2016	MKM#19@Riviera
R	Saturday	9:00AM-4:30PM	11/5/2016	Mercy/Sanctuary@Riviera
7	Sunday	10:00-12:30PM	11/6/2016	MKM#19@Riviera
8	Saturday	10:00-12:30PM	11/12/2016	MKM#19@Riviera
Orientation	Saturday	10:00-11:30PM	9/17/2016	Sanctuary@Riviera
1	Tuesday	5:00-7:30PM	9/27/2016	Miami High School
2	Tuesday	5:00-7:30PM	10/4/2016	Miami High School
3	Tuesday	5:00-7:30PM	10/11/2016	Miami High School
4	Tuesday	5:00-7:30PM	10/18/2016	Miami High School
5	Tuesday	5:00-7:30PM	10/25/2016	Miami High School
6	Tuesday	5:00-7:30PM	11/1/2016	Miami High School
R	Saturday	9:00AM-4:30PM	11/5/2016	Mercy/Sanctuary@Riviera
7	Tuesday	5:00-7:30PM	11/8/2016	Miami High School
8	Tuesday	5:00-7:30PM	11/15/2016	Miami High School
Orientation	Saturday	10:00-11:30PM	9/17/2016	Sanctuary@Riviera
1	Wednesday	10:00AM-12:30PM	9/28/2016	MKM#19@Riviera
2	Wednesday	10:00AM-12:30PM	10/5/2016	MKM#19@Riviera
3	Wednesday	10:00AM-12:30PM	10/12/2016	MKM#19@Riviera
4	Wednesday	10:00AM-12:30PM	10/19/2016	MKM#19@Riviera
5	Wednesday	10:00AM-12:30PM	10/26/2016	MKM#19@Riviera
6	Wednesday	10:00AM-12:30PM	11/2/2016	MKM#19@Riviera
R	Saturday	9:00AM-4:30PM	11/5/2016	Mercy/Sanctuary@Riviera
7	Wednesday	10:00AM-12:30PM	11/9/2016	MKM#19@Riviera
8	Wednesday	10:00AM-12:30PM	11/16/2016	MKM#19@Riviera
Orientation	Saturday	10:00-11:30PM	9/17/2016	Sanctuary@Riviera
1	Wednesday	6:00-8:30PM	9/28/2016	MKM#19@Riviera
2	Wednesday	6:00-8:30PM	10/5/2016	MKM#19@Riviera
3	Wednesday	6:00-8:30PM	10/12/2016	MKM#19@Riviera
4	Wednesday	6:00-8:30PM	10/19/2016	MKM#19@Riviera
5	Wednesday	6:00-8:30PM	10/26/2016	MKM#19@Riviera
6	Wednesday	6:00-8:30PM	11/2/2016	MKM#19@Riviera
R	Saturday	9:00AM-4:30PM	11/5/2016	Mercy/Sanctuary@Riviera
7	Wednesday	6:00-8:30PM	11/9/2016	MKM#19@Riviera
8	Wednesday	6:00-8:30PM	11/16/2016	MKM#19@Riviera
Orientation	Saturday	10:00-11:30PM	9/17/2016	Sanctuary@Riviera
1	Thursday	5:00-7:30PM	9/29/2016	Palmetto Bay
2	Thursday	5:00-7:30PM	10/6/2016	Palmetto Bay
3	Thursday	5:00-7:30PM	10/13/2016	Palmetto Bay
4	Thursday	5:00-7:30PM	10/20/2016	Palmetto Bay
5	Thursday	5:00-7:30PM	10/27/2016	Palmetto Bay
6	Thursday	5:00-7:30PM	11/3/2016	Palmetto Bay
R	Saturday	9:00AM-4:30PM	11/5/2016	Sanctuary@Riviera
7	Thursday	5:00-7:30PM	11/10/2016	MKM#19@Riviera
8	Thursday	5:00-7:30PM	11/17/2016	Palmetto Bay