

MINDFULNESS FOR HELPING PROFESSIONALS

A two-part series of two hour-long practice sessions focused on service providers' ability to apply and share mindfulness practices for well-being and regulation.

- Session 1: An Introduction to Mindfulness & the Mindfulness Mediated Stress Response
- Session 2: Cultivating Balance & Compassion

10am - 12pm November 15th & 18th
Free Virtual Training.
Space is Limited



REGISTER TODAY:

Register at [LC3Trainings](https://www.lc3trainings.com) or scan the QR Code



3.75 CEUs Available

WITH LIZ BENNETT, LMSW/MPH



Liz Bennett has over ten years experience practicing mindfulness and leading others in cultivating their own practice. As a certified instructor in Mindfulness-Based Stress Reduction she uses her experience to help social service professionals remember their capacity to feel centered and whole even in times of stress and discomfort.



CENTER OF
INNOVATION
For Behavioral Health and Wellbeing

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Cooperative Extension Service, Extension Family
& Consumer Sciences Department