



Registration Now Open:
www.culturalfluency.org/criticalteaching

Bringing educators and students together to share innovative social justice curricula

Free One Day Conference

Health, Wellness and Social Justice

How do we help youth handle the effects of stress and trauma, and enact self-care practices for body, mind and spirit?

How can educators and those in caregiving fields attend to our own self-care?

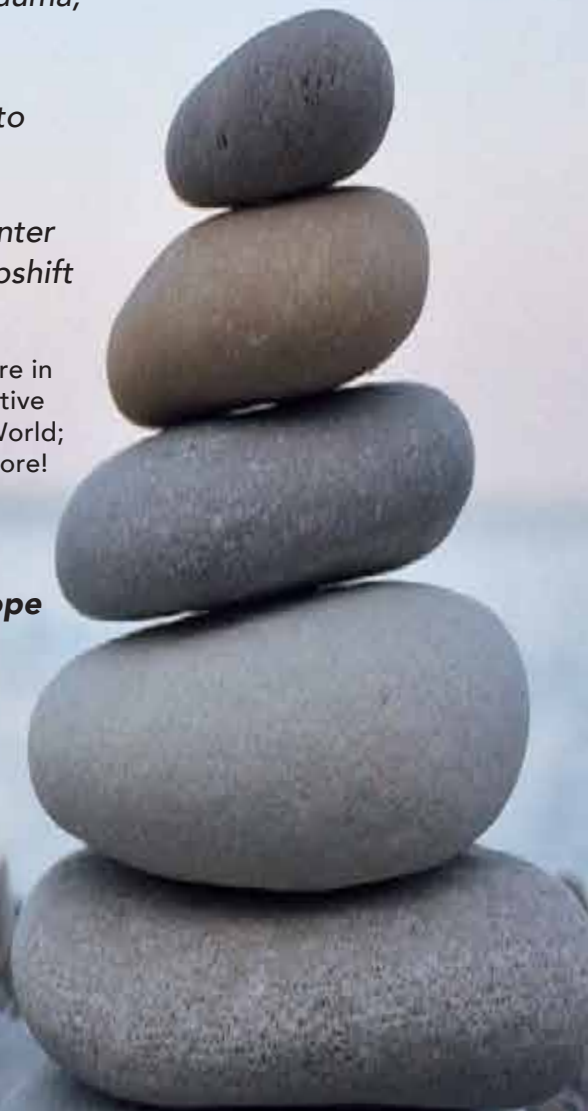
Keynote: Dr. Mona Saint, M.D., M.P.H., of The Chopra Center will discuss the stress response, our brain and tools to upshift our physiology.

Some exciting workshops include: Stop, Drop and Meditate; Self-care in Trying Times; Combatting Signs of Burnout; Yoga and Youth; Disruptive Classroom Behavior and Trauma; Healthy Responses to the Digital World; Art as a Tool for Restorative Practice; Resilience Toolkit and many more!

Special Film Screening:

Resilience: The Biology of Stress and the Science of Hope

Saturday, March 24, 2018. From 8 am to 4 pm
At Mount Saint Mary's University
Doheny Campus, 10 Chester Place, Los Angeles



Attendance is free thanks to support from AICCU Better Together, but pre-registration is required
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University
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