

Mindful CLASSROOM INITIATIVE

EDUCATOR SERIES INTEREST FORM



TODAY'S DATE

OF PARTICIPANTS

*PREFERRED START DATE

*PREFERRED DAYS OF WEEK

*PREFERRED TIMES OF DAY

**Due to high level of interest in the Mindfulness curriculum, MHA cannot guarantee start dates and daily schedule, but all efforts will be made to accommodate organizations as best as possible.*



**915 N. 7TH ST.
SHEBOYGAN, WI 53081
920-458-3951**

WWW.MHASHEBOYGAN.ORG

MINDFUL CLASSROOM INITIATIVE INTEREST FORM

Mental Health America in Sheboygan County thanks you for your interest in our signature program: the Mindful Classroom Initiative Educator Series. We offer this series for educators - formal and informal - to guide best practices in mindfulness techniques for personal and professional use. Leaders within different fields will find information, resources, and practices beneficial for sharing with students, co-workers, clients, patients, family member and more.

Please fill out the following form to the best of your ability providing the details of your interest in the program. **When complete, please scan the form and send to info@mhasheboygan.org or 915 N. 7th St. Sheboygan, WI 53081.** We will respond as soon as our schedule allows. Thank you!

MCI EDUCATOR SERIES

- 10-12 hours of in-person training at desired location and schedule. VIRTUAL OPTIONS AVAILABLE. Hours can be broken up into different days within a 2 month timeframe.
- Curriculum created by the team of MHA Mindfulness Instructors having a culmination of various mindfulness educational backgrounds and certifications. Training is comprised of best practice, evidence-based techniques and resources.
- Introduction to mindfulness; body, mind, and heart education; as well as teaching techniques for different student or adult ages covered.
- Includes an informational binder with handouts for personal and professional use, a mindfulness book, calming mind jar, and sample lesson plan schedule.

Organization Name/City _____

Contact Person/Title _____

Email _____ Phone _____

Other comments or questions

Please contact MHA with any questions or needed information at trisha@mhasheboygan.org. We look forward to connecting with you!

