



**Los Angeles  
Child Guidance Clinic**

*Improving children's mental health since 1924*

# Breathing to Build Better Brains: Mindfulness-Based Practice for Children and Families

with  
**Jessica Richards, LCSW,  
CA Endorsed IFECMHS & RPF-II**

**Thursday, November 2, 2017**

**9:00 am - 4:30 pm**

**Registration at 8:30 am**



How can mindfulness help children and families? Mindfulness improves parenting satisfaction, reduces stress, enhances parent-child relationships and supports emotional regulation. Research informs us that mindfulness has a plethora of physical and mental health benefits - lowering blood pressure, reducing pain, improving sleep, boosting the immune system, increasing grey matter in the brain, reducing symptoms of depression and anxiety, and enhancing concentration and life satisfaction.

In this introductory training learn more about the benefits of this practice and ways to bring these skills to parents, families, children 2-12 years old and **YOURSELF!** *The MindUp Curriculum: Grades PreK-2: Brain Focused Strategies for Learning and Living* by the Hawn Foundation is **a required text for the training**, as it will inform content, along with other notable research-based findings and practices.

**Early-Bird \$99 (ends 10/4/2017)**

**Standard Registration Fee: \$110**

**\*\*Group Discounts Available\*\***

**Continuing Education: \$15**

(6 CE Credits available for CA Psychologists, LCSW & LMFT, LPCC, and LEPs)

**MindUP Curriculum book: \$25** (Available through online retailers)

**Location: Los Angeles Child Guidance Clinic**

3787 S. Vermont Ave.

Los Angeles, CA 90007

**\*Parking is off-site (\$15 – cash)\***

**\*\*Only light refreshments will be provided; Lunch is on your own\*\***

**For schedule and learning objectives, visit us at [www.eiTraining.org](http://www.eiTraining.org)**

Please contact **Quint Paige** for registration information and questions:

**Email:** [quintp@lacgc.org](mailto:quintp@lacgc.org)

**Phone:** (323) 373-2400 ext. 2127    **Fax:** (323) 334-2261

# Breathing to Build Better Brains: Mindfulness-Based Practice for Children and Families

## THREE WAYS TO REGISTER

- ◆ **REGISTER ONLINE AT** [www.eiTTraining.org](http://www.eiTTraining.org)
- ◆ **FILL OUT THIS FORM AND FAX** with credit card information to (323) 334-2261
- ◆ **FILL OUT THIS FORM AND MAIL** with check or credit card information to:

Los Angeles Child Guidance Clinic  
Attn: Quint Paige  
3031 S. Vermont Avenue  
Los Angeles, CA 90007

\*\*If check is not enclosed, please write "check to follow".

## REGISTRATION FORM

### **PLEASE PRINT CLEARLY:**

NAME: \_\_\_\_\_

AGENCY: \_\_\_\_\_

EMAIL: \_\_\_\_\_  
(for confirmation)

ADDRESS: \_\_\_\_\_

CITY/STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

LICENSE #: \_\_\_\_\_

I AM PART OF A GROUP: YES / NO

**PAYMENT METHOD: CHECK OR CREDIT CARD**

**CREDIT CARD (VISA, DISCOVER, MASTER CARD ONLY)**

NAME: \_\_\_\_\_

(as appears on card)

CARD NUMBER: \_\_\_\_\_

BILLING ADDRESS: \_\_\_\_\_

ZIP: \_\_\_\_\_

CARD TYPE: \_\_\_\_\_ EXP DATE: \_\_\_\_\_

CVC (last three digits on back of card): \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

I accept the Total Due below onto my charge card. If I am paying for multiple registrants I will write the Total Amount to be billed to me instead.

\*\*NO American Express. — Visa, MC, & Discover ONLY

**Early Bird: \$99 (ends 10/4/17)**  **Standard Registration: \$110** +  **Continuing Education: \$15**

If you are a Licensed Psychologist, Licensed Marriage and Family Therapist, Licensed Clinical Social Worker, Licensed Professional Clinical Counselor, or Licensed Educational Psychologist and would like to receive CONTINUING EDUCATION CREDITS please check "CONTINUING EDUCATION" above.

\* Please make checks payable to **Los Angeles Child Guidance Clinic**.

\*\* If check is not enclosed, please write, "Check to follow."

**Total Due: \$** \_\_\_\_\_

\*\*\*Registering serves as a placeholder; seat is not guaranteed until payment is received.

\*\*\*\* 10% administrative fee will be charged on all paid cancellations and refunds. Requests for cancellation and refund of registration fees must be received in writing at least one week prior to training.

No refunds or transfer of paid credits for cancellations made within one week of training.

Continuing Education: This training meets the qualifications for 6 hours of continuing education for CA licensed psychologists, licensed marriage and family therapists, licensed clinical social workers, licensed professional clinical counselors, and licensed educational psychologists as required by the California Board of Behavioral Sciences and the California Board of Psychology. The Los Angeles Child Guidance Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Los Angeles Child Guidance Clinic maintains responsibility for this program and its content. If you arrive past 9:00 am or leave early, no CE credits will be given. California Infant-Family & Early childhood Mental Health Core Competencies: This training provides 4 1/2 hours of core competency credit for Core Providers and Mental Health Specialists as specified by the California Training Guidelines and Personnel Competencies for Infant-Family and Early Childhood Mental Health.

