

Facilitator Training

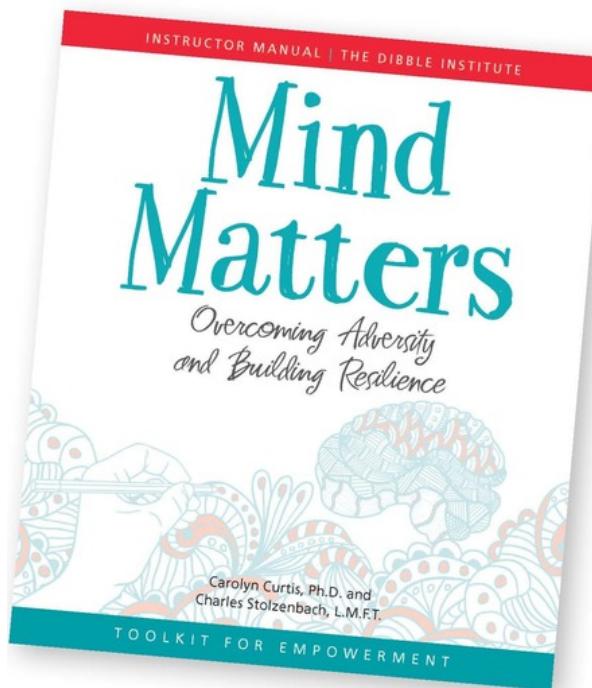


Mind Matters: *Overcoming Adversity and Building Resilience*

with Carolyn Curtis, Ph.D. & Dixie Zittlow

November 2–6, 2020
9:00 AM–12:30 PM PDT/
12:00 PM–3:30 PM EST

**\$949 for 5 days of half-day
training sessions.**



For more details and to register, [click here](#).

Each trainee must have a copy of *Mind Matters* (\$325 plus tax—select states—and S/H).

Seats are limited to 25 participants, so register SOON!

About *Mind Matters*

Mind Matters' 12, one-hour lessons or 21, 15-20-minute, one-on-one sessions teach people ages 12 and up to respond to negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. Students learn to address their physical, relational, and mental health needs.

