



Calmer Choice offers online sessions of their 8-week program that provides skills and tools to support personal stress management and emotional health and well-being for adults. **Programs start August 19<sup>th</sup> and October 20<sup>th</sup> with morning and evening class time options.**

This program is composed of foundational practices in mindful awareness and social-emotional learning coupled with discussions and self-reflective practice that support self-compassion, kindness, and emotional regulation.

Current research studies show the benefits of using mindfulness practices to settle the mind, create clarity, attention, and focus, and widen perspective, all leading to a greater sense of well-being.

### **Program Highlights**

- Mindfulness Defined
- Mindfulness of the Body
- Mindfulness of Emotions
- Cultivating Optimism
- Relating to Stress

For more information email [info@calmerchoice.org](mailto:info@calmerchoice.org) or visit <https://calmerchoice.org/for-adults-educators/8-week-course-mindfulness-cultivating-awareness-and-wellbeing>

Calmer Choice is an innovative, non-profit organization that operates in 28 schools and more than a dozen community-based organizations across Cape Cod with the mission of helping our community cultivate awareness, live mindfully, and enhance our collective resilience. We teach secular mindfulness skills that diminish the risk of violence, substance abuse and risky behaviors amongst our youth. In our decade of service, Calmer Choice has become a thought leader in secular mindfulness in education and is increasingly viewed as a catalyst for creating positive change in school climates. We have impacted more than 26,000 children in eight school districts, reaching approximately 20% of all students and families living on Cape Cod.