



## The Paraprofessional Academy Presents:

# Mindfulness in a Caring Classroom Community

The NYC Department of Education in conjunction with the United Federation of Teachers Paraprofessional Chapter and the UFT Teacher Center would like to invite you to participate in a workshop entitled “**Mindfulness in a Caring Classroom Community**”. The focus of this session will be an overview of Strategies to support emotional well-being of all stakeholders. This includes stress management, mindfulness, and positive self-talk.

**Date:** Thursday, January 24, 2019  
**Time:** 4:00 pm – 6:00 pm (*Registration begins promptly at 3:30pm*)  
**Place:** United Federation of Teachers - Queens Borough Office  
97-77 Queens Boulevard, 8<sup>th</sup> Floor  
Rego Park, New York 11374

**Cost:** \$15.00 for CTLE Certification  
\$10.00 for Non-CTLE Certification

To attend this event you must register via the UFTTC website, by clicking [HERE](#), or by visiting:

<https://registration.ufttc.org/wconnect/CourseStatus.awp?&course=18FPTSBRON02>

***The deadline to register is Friday, January 18, 2019***

### PLEASE NOTE:

- ✦ The fee is non-refundable and cannot be applied to other workshops.
- ✦ Workshops are available to the first 100 registrants.
- ✦ Walk-ins will not be permitted \*No Exceptions\*.
- ✦ Please do not mail the registration form to the NYCDOE or to the UFT Borough Offices. Doing so will prohibit you from attending.
- ✦ Anyone arriving after 4:30 pm, will not, be admitted.