

HARRIS COUNTY DEPARTMENT OF EDUCATION

CASE for Kids

Center for Afterschool, Summer and Enrichment for Kids presents
(Re) Connected Schools: Mindfulness for Afterschool Staff

Friday, November 11, 2016
10 a.m. - noon
6005 Westview Dr.,
Houston, Texas 77055

Build your personal “mindful” toolbox!

This training provides you with mindfulness tools to gain an expanded sense of connectedness, self-expression and purpose. By refining your ability to listen & speak more intentionally, you will leave this session with tangible tools to dramatically reduce personal levels of stress both inside and outside of your afterschool program context. You will also discover how to transfer your personal breakthroughs in connectedness into habits for facilitating deeper connections within larger groups.

About CASE for Kids

CASE for Kids services improve program quality and equalize access to afterschool, summer and enrichment opportunities – because what happens between school and home matters. To learn more about CASE for Kids services, visit www.afterschoolzone.org

About the presenter

Dan Houston is the Co-Founder and Executive Director of In-Powered, and the Co-Founder and Co-Owner of a for-profit yoga enterprise called Mind Tribes. His scope of experience spans over multiple countries, a kinesiology and movement studies degree, a master's in education, an experienced designation in yoga (E-RYT 200), and an in-depth study of Eastern practices (meditation, yoga, martial arts). Dan's driving mission is to apply his depth of knowledge and experience to make a significant impact in the daily lives of the teachers and students he trains and serves.

Workshop fee: None

[Register online](#)