

Recapturing Calm: Using Mindfulness to De-escalate Crisis Situations Involving Children & Youth Wednesday, March 25, 2015 6-8PM

\$20/person \$80/agency group

The Coalition for Children, Youth and Families

Or attend via webinar

Register online at <https://cyfcrisis.eventbrite.com> or
contact info@coalitionforcyf.org or call 414-475-1246

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad.

Instead of letting your life pass you by, mindfulness means living in the moment and awakening to the experience.

When a crisis situation occurs in your home, it can be extremely helpful to know some of the mindfulness skills and techniques that you can use. All children and youth can potentially experience a crisis; however, children and youth who have experienced out-of-home care and the possibility of past traumatic events, may have a greater likelihood of entering into a crisis situation. Handling these situations in a mindful manner can empower parents to remain calm, thus returning their home to an atmosphere of peace more quickly. Our trainer will provide practical

approaches that parents and caregivers can implement to help de-escalate the children and youth in their care while maintaining a calm and collected composure.



About the Trainer

Joseph Stanley is a motorcycle-enthusiast who, for a hobby, does youth work. Joseph has been working in the social services field since the 1980's. After starting at Pathfinders youth shelter in 1986 as a community volunteer, he went

on to get a BSW, and then to get a masters in Ed-Psych. Joseph has done pretty much everything at the shelter over the years from House Supervisor to running groups, and for the bulk of his time, he is in the field as a therapist. Joseph is passionate about providing youth with opportunities to help other youth, which he believes is the ultimate way to provide youth the opportunity to achieve mental health and life satisfaction.