



mccapa.org

An Affiliate with ACA & ASCA

A Division of PSCA & PCA

2015 SPRING WORKSHOP

MINDFULNESS: Taking Care of Ourselves and Each Other

Josh Gansky, Welsh Valley Middle School Counselor, will lead us on an exploration of ways to better navigate through our busy and stress-filled lives. Mindfulness has been defined as a way of paying attention, fully and with interest, to what is happening in the present moment, without judgment. Mindfulness involves the practice of being aware of the present-moment experience without being preoccupied by stressors and distractions. Self-care is at the heart of everything we do; the way we feel, think, and act. When we care for ourselves, we can be at our best. We can actively make our lives and other people's lives better. Enjoy an experiential learning experience that will enhance our lives as counselors.

Friday, May 8, 2015
12:30pm – 3:00 pm

CHAMPPS
Providence Town Center
51 Center Ave. Collegeville PA
610-454-1003

*Cost will cover the program and meal
Bring your PPID for Act 48 hours*

Please complete the form below and **mail it no later than Monday April 27! Space is limited!**

Registration for MCCA Spring Workshop 5/8 featuring Josh Gansky on Mindfulness

Please include a check made out to MCCA

Members of MCCA - \$20

Non-Members - \$25

Students - \$15

Name _____ Workplace _____

Home address _____ Phone _____

Email address _____

**Send completed form and check (see above) to: Kelly Gallagher – 21 Adamson Ct – Phoenixville PA 19460