*Southtown Teachers’ Center 4460 Bay View Road Hamburg, NY 14075 716-649-6774*



Mindfulness in the Classroom: An Introduction

Name of Workshop:

Number Hours: 3 Date of Workshop: undecided Time: 4-7pm

Location requested: To Be Determined

Does this workshop: Enhance education Pedagogy: X Specific Classroom Content X   
English Language Learners:  Personal Information or growth: X

STC normally asks for a minimum of 6 participants to run a workshop. You can adjust this amount below if you chose.

Minimum Number of Participants desired: 6 Maximum Number (if requested) : 20

Workshop Description:

See attached description

Presenter: Mary Carol Dearing School/Organization: Grow Mindful WNY

Phone: 716-998-9263 Email: mcdear13@gmail.com

Credentials (certifications, training etc.)

See attached resume and CV.