

KOHL'S

MINDFUL ME



PAUSE
BREATHE
CONNECT

2018 - 2019 PROGRAM



Kohl's Mindful Me is a stress management and self-regulation community outreach program aimed at building childhood and family resiliency through positive parenting, yoga, mindfulness and gardening.

Within the Region

Schools located within the Region are eligible for:

- School staff to receive a 2 hour presentation on:
 - Understanding Adverse Childhood Experiences (ACEs) and trauma
 - Building trauma-informed environments
 - Restorative discipline
- Teachers to receive a 2 hour training to lead mindfulness and yoga activities in the classroom to help children of elementary, middle, and high school age learn and develop coping skills.
- School gardens to be built on school grounds to help children decrease stress, raise self-confidence, and build interpersonal and cooperative skills.

- Community classes taught by trained and accredited *Kohl's Mindful Me* staff using the evidence-based Triple P parenting curriculum to address child development by fostering positive behavioral health of families.
- Support and guidance from *Kohl's Mindful Me* staff to become a Resilient School.

Outside of the Region

Schools located outside of the Region can be provided with digital *Kohl's Mindful Me* yoga cards and our "ACEs Informed Starter Kit" to assist you in making your school Resilient. All other requests for trainings and presentations will be handled on a case-by-case basis.

For more information contact: Beheir C. Johnson at bjohnson3@phoenixchildrens.com or (602) 933-3357
Allison Gilbert at agilbert1@phoenixchildrens.com or (602) 933-3362

Kohl's Mindful Me 2018-2019 Program Boundaries

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