

MINDUP IN THE COMMUNITY

Brain-Focused Strategies for Learning—and Living

What is MindUP?

The MindUP program teaches important Social and Emotional Learning skills by linking brain science, positive thinking, and mindful awareness.

What is Mindful awareness?

Mindful awareness is paying attention to the present moment, thoughts, feelings, bodily sensations and the surrounding environment.

How is MindUP implemented?

MindUP is done in a group format. The children's group will teach child-friendly practices for mindful attention, self-awareness, relationship skills and responsible decision-making by understanding of how our brains work. The parent group will teach skills related to mindful awareness, emotional awareness of ourselves and our children, mindful listening within the family and expressing thankfulness and positivity. MindUP can help you in every area of your day-to-day life with your children.

What are the benefits of MindUP?

MindUP has been shown to reduce stress and improve children's adjustment to school and academic performance. MindUP has been shown to improve perspective taking, empathy, and kindness in children. Parents also benefit from decreased stress by being provided the tools for the inside to help manage stressors on the outside.

Where can I find more information?

Please visit www.MindUP.org by the Hawn Foundation or speak to a Merrymount staff member.

MINDUP

At Merrymount

When: Monday, March 27, 2017- June 12, 2017

Time: 5:00pm-6:30pm

Where: Merrymount, 1064 Colborne St., London ON

Details:

- The program lasts 10 weeks
- Each week, children will receive dinner as part of the program.
- Each week parents will receive coffee and snacks during the program
- For the first and last week of the program, parents will also be invited to enjoy a family meal with their children.
- Arrangements for transportation can be made for those families who require this assistance