

Free
Workshop

THE TRAINING Institute

at Garfield Park Academy

FEATURING:

Dr. Ange Puig

About Our Speaker:

Dr. Ange Puig, a licensed psychologist, earned his undergraduate degree from Iona College and his doctoral degree in psychology from Columbia University. He holds memberships in the New Jersey Psychological Association, the American Psychological Association's Division of Trauma Psychology, and a Certificate of Proficiency in the Treatment of Alcohol and other Psychoactive Substances. Dr. Puig is the past board president for Prevention Plus of Burlington County Drug and Alcohol Council and past president of the Mental Health Association of Southwestern New Jersey. He is an adjunct professor at Chestnut Hill College teaching graduate courses on trauma and violence. His private practice, spanning over 35 years, provides individual treatments for people affected by traumatic stress, forensic assessments, and consultation and training in areas related to traumatic stress issues.

Learn more about **Dr. Puig** at www.angepuig.com

Mindfulness in the Classroom

Where

24 Glenolden Lane
Willingboro, NJ 08046

When

Friday, December 6, 2019
9AM – 12:30 PM
Light lunch to follow

Many students with social and emotional disabilities have impaired attention, challenges with emotional and mood regulation, sleep disturbances, and a lack of learning readiness. Trauma and toxic stress, which lie deep within the nervous system, add to these challenges. In order to transform a student's habitual responses, they need to learn and regularly practice mindfulness skills when they are not in "fight – flight – freeze" mode.

Dr. Ange Puig will help educators identify stress responses, and describe practical strategies to help students use mindful practices to strengthen attention, increase compassion, and build resilience and self-regulation, moving them from "coping" to "thriving."

Attendees will leave knowing:

- ✓ what mindfulness is.
- ✓ how the fight and flight response limits learning.
- ✓ mindfulness strategies students can use to self-regulate.
- ✓ how to embed mindfulness practices in instruction.

3

3 CEUs for educators will be offered at the end of the program.

To register, go to:

<https://gpadecember2019.eventbrite.com>

Or call 609-877-4111 x 203



About...

Garfield Park Academy:

GPA is a New Jersey state-approved private school serving students with learning, social, emotional and behavioral challenges in a family-like environment. The school's therapeutic program, combined with traditional academics and preparation for college or the vocations, enhances the chances of students with emotional and social challenges to succeed in an educational environment and in life!

Professional Advisory Board:

Maurice Elias, Ph.D., Professor of Clinical Psychology Rutgers University
Vito Gaglardi Sr., Policy Advisor and former Commissioner NJDOE
John Lestino, Past President, NJ Association of School Psychologists
Peggy McEgoun, Esq., President, Teaching Family Association
Mark Mintz, MD, Founder and CEO CNNH
Bud Milner, MS, Director of Residential Programs, Indiana United Methodist Children's Home

THE TRAINING INSTITUTE

at Garfield Park Academy

The Training Institute at Garfield Park Academy disseminates information on best practices in special education. The Institute offers free trainings to school leaders and other educators, with a focus on innovative, evidence-based approaches to serving students with social, emotional, learning and behavioral challenges.

Our goal is to help other schools – public and private – become more aware of the need for using evidence-based school-wide strategies in teaching social-emotional learning, cognitive and behavioral supports, and character development. Drawing on the advice of the nationally-respected volunteers on our Professional Advisory Board, topics and speakers are selected to help ensure that New Jersey educators have access to topics and speakers that engage attendees and change school culture.

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Join Us for
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