



What's Your MPG?

Mindfulness, Play & Gratitude - Skills for Self-Care

This is an interactive workshop to discover how Mindfulness, Play, & Gratitude are skills for self-care. It is ideal for those in the helping professions to buffer the secondary trauma encountered through their work and to encourage self-care.

Presenter: Denina Bautti-Cascio, Sage Action Consulting

Friday, March 31, 2017

12:30-4:00 p.m.

Registration begins at 12:30 p.m.

Workshop begins at 1:00 p.m.

Staff Development Center
227 W. Cunningham St.
Butler, PA

This training is offered **FREE** of charge
3 hours SW and LPC CEUs

Everyone receives a “road trip” goodie bag!

Pre-registration is required and limited to the first 50 people who respond.

Contact Denina at denina@sageactionconsulting.com or 724-513-0069 for more information. Register online by **Mon., March 27** with the following link:
<https://goo.gl/forms/1ODBLu9Rqb31iwNx1>

This training, sponsored by Partners in Building a Trauma Informed Community (PBTIC) PBTIC is working to establish policies, procedures, practices, and physical environments in all human service and criminal justice departments that are responsive to the impacts of trauma on people.

Denina Bautti-Cascio is a skilled facilitator who has worked with individuals, teams, organizations, and communities to create change, growth, and action for over 20 years. She has been a practitioner of mindfulness-based exercises for over 15 years and is currently enrolled in yoga teacher training. Denina brings light-heartedness to her approach and makes mindfulness and self-care accessible to everyone.