



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

Denina Bautti-Cascio has been a practitioner of mindfulness-based exercises for over 15 years and is currently completing yoga teacher training. Denina brings light-heartedness to her approach and makes mindfulness and self-care accessible to everyone.

Friday, December 8, 2017

1:00-4:00 p.m.

Registration begins at 12:45 p.m.

Staff Development Center

227 W. Cunningham St.

Butler, PA

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

Everyone receives a "road trip" goodie bag!

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

Contact Ricky Lake at RLake@co.butler.pa.us or 724-282-3008 for more information. Register online by **Mon., December 4** with the following link:

<https://goo.gl/forms/VW1eOsPr6p8Cv2oA2>

This training is 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.

*NASW-PA Chapter is a co-sponsor of this workshop. 3 CEs will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.