

HEALTH, WELLNESS AND SOCIAL JUSTICE

Conference at a Glance

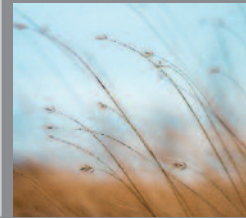
Mount Saint Mary's University
LOS ANGELES



Center for Cultural Fluency and
the Education Department

www.msmu.edu/criticalteaching

March 24, 2018



Sponsor



BETTER TOGETHER CALIFORNIA TEACHERS SUMMIT

@MSMU_LA
@MSMU_LA
@MountSaintMarysU
#MSMUTeaching

“The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activism neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.”

Thomas Merton
“Conjectures of a Guilty Bystander”



8-9 a.m.	Registration/ Breakfast		Rose Hills Plaza
9-10:30 a.m.	Greetings / Introductions / Keynote Speaker / 2018 Cultural Fluency Award	Mona Saint, MD Lorry Leigh Belhumeur, PhD	Rose Hills Auditorium
Morning Workshops 10:45 a.m.-12 .pm.	Stop, Drop and Meditate: Tools to Consciously Transform Your Life	Michelle Windmueller, Heidi Kenny	Room 209
	Flexible Teaching: It's Not Just About the Seating	Meagan Kimm, Teresa Smith	Room 204
	A Dog in School: The Mutt-i-grees Curriculum for Social-Emotional Learning	Miller, Rabinowitz, Aragon, Chistenson	Room 118
	The Arts as a Tool: Developing Trauma-Informed and Restorative Practices	Jan Kirsch	Room 212
	Cultivating Healthy Responses to the Digital World: Tools Balance, Empathy & Self-care	Stephanie Ferri, Alison Hirshan	Room 216
	Trauma-Informed Yoga and Sensory Strategies for Stress Management in Adolescents	Bingamon, Brady, Lucero	Room 114
	The Heart Touch Project: Mind-Body Integration Techniques	Shawnee Isaac-Smith	Room 117
	Sleep: We All Need It... How Do We Get It?	Dawn-Marie Ickes	Room 119
12-1 p.m.	Lunch (Donohue)	Passport to Wellness (Plaza)	
Afternoon Workshops 1:15-2:30 p.m.	Acting Out in the Classroom	Diana Feldman / Brad Bancroft	Room 117
	Confidence, Focus and Renewal: What Yoga can Bring to your Classroom and to You	Martha Dúran / Deb DePuy	Room 216
	They're Here, They're Queer: Addressing Sexual Orientation & Gender Identity in K-12	Judy Chiasson	Room 119
	The Real Talk Project: How to Create Healthy Relationships and Healthy Communities	Amreen Kamali	Room 212
	Self-Care in Trying Times	Kimberly Nao	Room 118
	Looking Is Not Seeing: Using Art to Practice Mindful Observation of Patients/Students	Sarah Shealy / Abigail Rea	Room 114
	Confronting Death and Dying: A Mindful Approach	Brittany Stackpoole	Room 204
	Mindfulness: Embodied Practice of the Resilience Toolkit	Chyanne Fisher / Nkem Ndefo	Room 202
Promoting Inspiration on the Front Lines of Human Services	Attara Enerva / Kait Peters	Room 206	
2:45-4:30 p.m.	Film Screening: "Resilience: The Biology of Stress and the Science of Hope"	facilitated by Lorry Leigh Belhumeur	Rose Hills Auditorium