

RAMS is offering a
“Leadership Academy”
training series,
designed to support
and educate peers who
provide services in the
behavioral health field



**Participate in a 3 hour
Interactive Training for
Peer Providers.**

**Learn About & Practice
Mindfulness as a Self-Care
Strategy and a Tool to
Support Clients!**

**AUGUST 25TH, 2017
FRIDAY * 9AM-12PM
SFSU Downtown Campus
835 Market Street
Room 619, 6th Floor**

**Light breakfast &
refreshments provided.**

LEADERSHIP ACADEMY
**TOPIC: MINDFULNESS PRACTICE FOR
PEER PROVIDERS**

About the Workshop: Are you looking to develop your ability to be fully present with your clients? Searching for new and inspiring ways to engage in self-care? Please join us for this dynamic opportunity to learn about the practice of mindfulness. Mindfulness is defined as the capacity to be wholly present in the moment with awareness and *acceptance* of your experience. It has been shown to be very effective in reducing stress and anxiety, and can be used as a powerful wellness tool. In this workshop, you will have the opportunity to explore ways to incorporate a mindfulness practice into your work, develop tools you can share with your clients to support their wellness goals and manage stress -- as well as utilize mindfulness to enhance your own self-care practice. As always, there will be plentiful opportunities to discuss your experiences and practice your new skills with colleagues!

About the Presenter: Dr. Ellis Edmunds was born and raised in Oakland, CA. He received his Doctorate of Psychology from the California School of Professional Psychology (CSPP) in San Francisco in 2013 where he wrote his dissertation on teaching mindfulness to socially anxious young adults. He also has his own mindfulness practice and uses it to reduce his anxiety and cultivate self-awareness. He has worked in community mental health, college counseling, and various Bay Area schools helping people from a variety of backgrounds improve their mental health and live more fulfilling lives. He is passionate about the contribution of peer providers to the behavioral health field!

Please RSVP (now required 😊), as space is limited!

RSVP to Katy Thomas: (415) 579-3021 Ext. 120 / certificate@ramsinc.org