

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education and Training Center
PRESENTS



Lunch & Learn Mindfulness for Mental Health

Presenter: Amber Cope, M.A.



REGISTRATION LINK:

[HTTPS://
WWW.SURVEYMONKEY.COM/
R/7VN96PZ](https://www.surveymonkey.com/r/7VN96PZ)

*If you have trouble accessing
the survey, please copy the
link and paste it directly into
your browser*

Date & Location

TUESDAY,

MAY 28, 2024

12:00 pm—1:00 pm

**ZOOM REMOTE VIDEO
CONFERENCE**

Once registration is
confirmed, link to access
the training will be
provided

Description

This Lunch & Learn presentation will explain mindfulness, describe how it can benefit one's mental health, and will provide the opportunity to practice hands-on mindfulness activities that can be incorporated into daily life. The presentation will include quizzes, chat discussions, videos, and activities throughout to encourage engagement.

