

Door prizes to lucky families!



Receive 2 DHS Approved Training Hours!

Mindfulness: How to Support Youth that Display Challenging Behaviors

Presented By: JoYi Rhys



ABOUT THE SPEAKER:

JoYi Rhys is the Program Coordinator for the Peer Engagement and Knowledge (PEAK) Program with Family Programs Hawaii. She is certified in several curricula including *Hawaii Street Smart for Youth*, *Why Try*, *Building Cultural Connections* and *Mindfulness and Skillful Living*. JoYi has partnered with schools, community agencies and residential youth programs to work with at-risk youth since 1989. Through dynamic and multi-sensory approach, JoYi uses the small group processes to build skills and resiliency in youth to increase positive outcomes for them. JoYi uses the same approach to provide caregivers, teachers and program facilitators with techniques and tools so they can build more authentic relationships with and better support youth in our community.

- FREE training and childcare open to all resource, adoptive, guardianship, permanency, and kinship families.
- Childcare limited to registered children, ages 3-12, based on availability.
- Meal will be provided during the first half hour. Training and childcare will follow

To RSVP, please contact Nicole at 521-9531 ext. 245 or email NMitsunaga@FamilyProgramsHi.org

Please leave your name, contact number, the names, ages, and special conditions of the children needing care, and whether you are a resource, adoptive, guardianship, permanency, or kinship family. Space is limited.

- Caregivers Will Learn:**
- What is mindfulness?
 - Mindfulness techniques
 - What is an "Authentic Connection" with youth?
 - How mindfulness helps improve ability to support youth that display challenging behaviors.
 - About resources that can continue to support them in their mindfulness journey.

Leeward Training

Friday,

September 23, 2016

5:30pm–8:00pm

MAILI COMMUNITY LEARNING CENTER

(MAP ON BACK)

RSVP by 09/16/16

Honolulu Training

Saturday,

September 24, 2016

10:00am–12:30pm

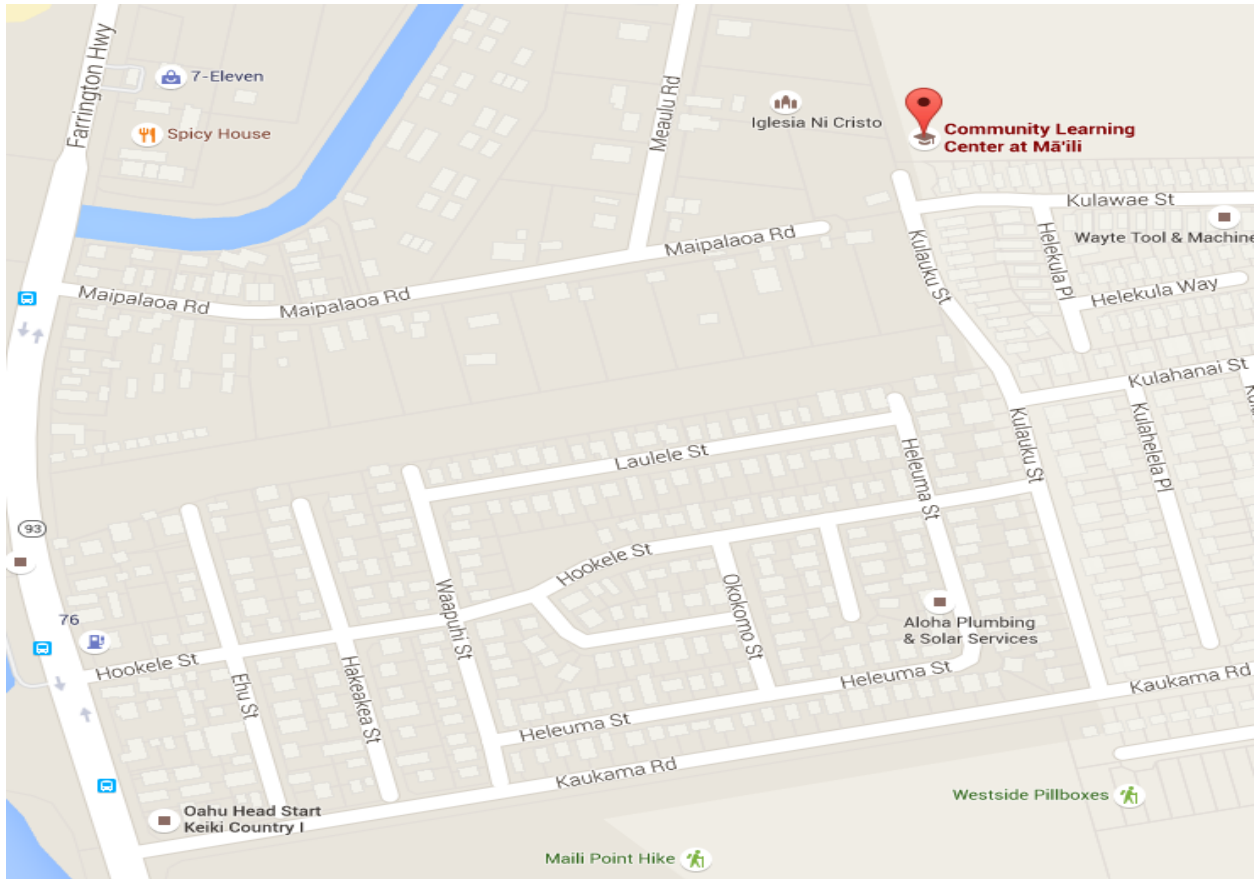
CATHOLIC CHARITIES HAWAII

(MAP ON BACK)

RSVP by 09/16/16

Maili Community Learning Center

87-790 Kulauku St. Waianae, HI 96792



Catholic Charities Hawaii

1822 Keeamoku Street, Honolulu, HI 96822

