



Special Education Task Force



Presented by:
Southern Tier
Special Education Task Force

SPECIAL EDUCATION TASK FORCE
February 2023 Training

Mindfulness Tools Workshop to Help Your Anxious Child (and you)
Practice Self-Regulation

Wednesday, February 1, 2023
6 PM – 7:30 PM

In PERSON: Southern Tier Independence Center (STIC) Helen Keller Rooms 1&2
135 East Frederick Street, Binghamton, NY 13904

Virtual Attendance: ZOOM

**** OPEN TO THE PUBLIC * FREE of Charge ****

Learning outcomes:

- Participants will be given an overview of anxiety in relation to individuals and families from Heather’s clinical observations.
- Participants will learn and practice several Mindfulness based tools to help their child, and themselves, self-regulate.



Presenter:

Heather Kessler, LMSW, is a Licensed Master Social Worker. She earned her Master’s in Social Work at Binghamton University. Currently, she is working at HCA: Helping Celebrate Abilities. As a therapist and school social worker, Heather collaborates with individuals and families. Within her practice she draws on Cognitive Behavioral Therapy, Mindfulness Based Cognitive Therapy, Ecotherapy, and Motivational Interviewing. Heather employs these modalities to work not only with children who experience anxiety but also their parents, siblings, grandparents and others in their environment who encounter anxiety as a reaction to the child's anxiety.

FREE Registration (please use link below for in-person AND virtual registrations):

<https://drny-org.zoom.us/meeting/register/tZwucO2qpzvwG9b3laNuzBvxtZZboe5DcQaX>

*Upon completing registration, you will receive an e-mail with **webinar call-in** information and logistics related to attending the presentation **in person** at:*

Southern Tier Independence Center (STIC) Helen Keller Rooms 1&2

*All trainings will have closed captioning. ASL interpretation available upon request.
Need additional information or any accommodations?*

Contact Nancy Nowak at Disability Rights New York: Nancy.Nowak@drny.org or 516.238.1261
Websites: [NY Special Ed Task Force](#) [Disability Rights New York](#)