

2015 Mindfulness Training: A Novel Approach to Training in Aboriginal Communities Experiencing Trauma

August 19 – 20, 2015

Stoney Nakoda Resort & Casino, Kananaskis, Alberta

888 Nakoda Way, Kananaskis, AB T0L 1N0 - 1 403-881-2830 - www.stoneynakodaresort.com

NOTE: To get the discounted room rate of \$109 + tax for participants of this workshop, you **must use the code WZA** when making a reservation. This block of rooms will be released to the public on July 29 so be sure to reserve early!

ABOUT THIS COURSE

This two-day course offers in-depth information on using mindfulness in trauma training. Our excellent speakers are experts in this field, and you are guaranteed to learn information you can immediately apply upon completion of this course.

Sessions include:

Day One - Facilitated by Catherine L. Phillips, MD, FRCP(C)

- *Exploring Mindfulness: An Introduction*
 - *Why Practice Mindfulness: The Evidence Base*
 - *Mindfulness in Client and Self Care*
 - *Developing Your Own Personal Mindfulness Practice*
- Day Two – Facilitated by Don Robinson*
- *Consciousness: Mindfulness and the Medicine Wheel*

Full program information is available on our website: www.aboriginaltrainingandconsultingservices.com/home, or contact us for a copy.

FEE: \$595.00 + GST (\$624.75)

*No refunds within 7 business days of the event. Outside of 7 days, a full refund, minus a \$100.00 administration fee, will be granted. Substitutions are permitted. Please read full policy information, which is included in the program (available on our website or by contacting us).

GST Registration Number 86939 6309 RT0001.

REGISTRATION INFORMATION: To register, FAX this form to Rebecca Marinos @ (650) 513-2020. We will send you a confirmation email and program information.

First Name _____ Last Name _____

Title _____ Organization _____

Address _____

Phone _____ Fax _____ Email _____

PAYMENT INFORMATION

Payment Type: Check MasterCard Visa Purchase Order (# _____) Total amount due? _____

Credit card # (if applicable) _____ Expiration: _____

Name of person responsible for payment: _____ Phone number and email: _____

MAIL CHECKS TO: W. Zarchikoff & Associates - #112, 19899 55A Avenue, Langley, BC V3A 0C4

CONTACT INFORMATION:

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