



Mayor Andre Dickens



**Emotional Wellness & Mental Health
MINDFULNESS ACTIVITIES**
Live. Online. Free. Daily. *Morning Schedule*

	Monday 2/21	Tuesday 2/22	Wednesday 2/23	Thursday 2/24	Friday 2/25
TIME	9:15 -- 10:15 am EST	8:00 – 8:30 am EST	7:00 – 7:30 am EST	8:00 – 8:30 am EST	7:00 – 7:30 am EST
TITLE	Peace from Within: An Introduction to Mindfulness Practices	Mindfulness 101: Movement & Breath	Restorative Breathing	Trauma Informed Yoga	Mindfulness Meditation
Link to Register	https://atlantaga.gov.zoom.us/webinar/register/WN_IRXPVs-bRq2fv26OoE0weA	https://atlantaga.gov.zoom.us/webinar/register/WN_TAhlxyuaTPKYtCduKZYzhA	https://atlantaga.gov.zoom.us/webinar/register/WN_TG_HFeH_-TRm7CgPDVQpGww	https://atlantaga.gov.zoom.us/webinar/register/WN_vD5zpeJvSVy10zT56BEGeg	https://atlantaga.gov.zoom.us/webinar/register/WN_kA2r6jS3Qd6xyIFTZ9XJiQ
FACILITATOR	Peace Week Mindfulness Practitioners: Malik Khalid, Rutu Chaudhari, and Kenya Casey	Malik Khalid	Rutu Chaudhari, The Dharma Project	Carly Brown	Kenya Casey
DESCRIPTION	An Introduction to Mindfulness Practices + Tools and Resources for Continued Practice	A guide to starting and maintaining a daily mindfulness practice, at every turn of life.	Breathing techniques are some of the most powerful and underutilized tools we have for physical and mental well-being. You will experience gentle movements and deep breathing exercises that will help you calm your body and mind. You will also learn techniques to embrace your present state with kindness and empathy.	We will <i>briefly</i> discuss the importance of a trauma-informed approach to practicing yoga, and how these practices can help us cultivate resilience. Then, as a group, we will practice light movement and breathing exercises that will be accessible for all who attend.	This is an introduction to mindful meditation practices such as boxed breathing and body scan meditation.

**Please Note: The City of Atlanta does not independently conduct or control mental health or wellness resources but is sharing the following information with our community as a helpful resource.*



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**Emotional Wellness & Mental Health
INFORMATION AND ACTIVITIES**
Live. Online. Free. Daily. *Afternoon Schedule*

	Tuesday 2/22	Wednesday 2/23	Thursday 2/24	Friday 2/25
TIME	3:00 – 4:00 pm EST	1:00 – 2:00 pm EST	3:00 – 4:00 pm EST	1:00 – 2:30 pm EST
TITLE	Whole Self: Identity Affirming Emotional Wellness (Gender & Sexual Orientation)	Respect, Dignity, & Compassion: Harm Reduction	Building a Strong Foundation: Emotional Wellness and Healthy Relationships Among Teens	Heal & Connect: Building Resilience in Individuals & Communities
Link to Register	https://atlantaga.gov.zoom.us/webinar/register/WN_EchLJ2hAQE6NghH0ziBr3A	https://atlantaga.gov.zoom.us/webinar/register/WN_FXFhtHAYSu-i2QimE5DMJg	https://atlantaga.gov.zoom.us/webinar/register/WN_xyFd_7mHQ_6B7qaU80jXNg	https://atlantaga.gov.zoom.us/webinar/register/WN_F--tKvaS0eEbG1t5Yzfcg
FACILITATOR	Feminist Health Center	Clara Totenberg Green, Beverly Fernandez, Mary Naoum, and Chyna Quarker The Policing Alternatives & Diversion Initiative (PAD)	Shatel M. Noel, PhD, LPC, NCC, Partnership Against Domestic Violence Ashleigh R. Dennis-Silas, LPC, CPCS, CHRIS 180 Melissa Bauman-Fletcher, LMFT, CHRIS 180	Dr. Dietra Hawkins
DESCRIPTION	Whole Self: Identity Affirming Emotional Wellness (Gender & Sexual Orientation)	Explore how Harm Reduction tools can be used to improve wellness, understand addiction and behavior, and deepen your relationships with others.	School, friends, families, social media and rising expectations---just some of the stress points teenagers are facing now, more than ever before. Join us as we take a closer look at how stress can impact mental health and ways you can help foster resiliency and promote the development of healthy relationships. Our clinical experts will provide helpful resources for additional support for teens, parents and all caregivers.	In efforts to cultivate peace and love, many of our community's efforts to tackle and address big pervasive issues like poverty are met with disdain, hopelessness, and mistrust. This webinar will invite participants to shift our focus from the “problem” of poverty for example, to understanding the human who needs our love and concern. With attention and intention, we can cultivate belonging and achieve the peace we seek.