



Conference 2019

Victoria Inn Hotel
Winnipeg, MB

Thursday February 28th, 2019
Shelley Moore



Inclusive Education: Who, What, Where, When, Why?!

This session will deconstruct what inclusive education means in today's classrooms and communities. We will also discuss common misunderstandings and myths and leave with ideas and possibilities of inclusive learning communities and all who benefit.

Integrating Mindfulness into Education

This workshop will examine why mindfulness has become an increasingly accepted and popular resource within both Education and Healthcare settings. We will explore mindfulness through the lens of neuroscience and hands-on activities to create a foundational understanding of how to effectively apply mindfulness within school settings, with students, colleagues and your own life in order to reduce stress, anxiety and burnout and increase resiliency, self regulation focus and well being.

Friday March 1, 2019
Elli Wiesbaum



Participants will experience hands on mindfulness based practices and create a toolbox of practical mindfulness activities. These practices and activities are relevant for students K-12, and for anyone working in a learning or social work setting with youth. Practices shared in this workshop will be based primarily on the teachings of international scholar, Nobel Peace Prize nominee and Zen Master Thich Nhat Hanh.

For More Information check-out the MCEC website @ <http://community.cec.sped.org>

Register through eventbrite @
<https://www.eventbrite.com/e/manitoba-council-for-exceptional-children-2019-conference-tickets-50095695574>