



A Gathering Process

Using Talking Circles and Mindfulness Art to Process Through a Pandemic

Dates:

Tuesday, March 22, 2022

Wednesday, March 23, 2022

Tuesday, March 29, 2022

Wednesday, March 30, 2022

Time:

4:00 p.m. – 6:00 p.m.

Location:

Sunnylands Center & Gardens

37977 Bob Hope Drive

Rancho Mirage, CA 92270



This program is designed specifically to meet the needs of our teachers. It provides space and guidance to process feelings and stress while building resilience through group support, indigenous practice, and art mindfulness. The program will take place at Sunnylands Center & Gardens after public hours to ensure privacy and allow participants the benefit of participating in the program uninterrupted in the gardens. The skills developed can assist teachers moving forward with coworkers and students beyond the pandemic.

Facilitators: Gabriela Armenta, Citlali (Claudia Armenta), and Judy Sklar

Districts are eligible to provide five participants. Please submit names of participants and email addresses to Louisa Higgins (lhiggins@rcoe.us) no later than Friday, February 18.

