

movemindfully

Public Trainings

I Am Safe: Trauma-Responsive Practices to Support Mental Health

Grounded in the guidebook *I Am Safe: Trauma-Responsive Practices in Crisis Mental Health*, this training provides practical and accessible mind-body strategies to support children, youth, and adults navigating stress, distress, and trauma. **Designed for school mental health providers, therapists, crisis responders, and secondary educators**, this training explores the science behind why mind-body practices are essential for trauma healing and nervous system regulation. You'll receive step-by-step guidance on how to create the safety needed to engage even the most reluctant participants in classrooms, small groups, or one-on-one sessions.

I Am Safe

DATE: June 25, 2025

LOCATION:

Washburn Center for Children
1100 Glenwood Ave
Minneapolis, MN 55405
or Zoom

TIME: 8:30am–3:30pm

COST: \$210 (thru May 31)
(includes *I Am Safe* book)



Intro to movemindfully for the Classroom

In this interactive workshop, participants will learn how to integrate movemindfully's signature **Breathe Move Rest** practices into classroom routines to support students' and educators' physical, emotional, and mental health. **Designed for classroom teachers, school social workers, and support staff**, this training offers trauma-responsive, developmentally appropriate mind-body strategies that can be woven into the school day to strengthen and complement existing Social-Emotional Learning (SEL) initiatives.

Intro to movemindfully

DATE: June 26, 2025

LOCATION:

Washburn Center for Children
1100 Glenwood Ave
Minneapolis, MN 55405
or Zoom

TIME: 8:30am–3:30pm

COST: \$240 (thru May 31)
(includes Permission to Pause
Poster set and card deck)



Benefits

- **Educators** gain confidence in creating safe, supportive, and effective learning environments.
- **Students** expand their learning potential by feeling seen, heard, and supported.
- **Mental Health Professionals** develop a practical mind-body toolkit to use with clients—and for their own well-being.
- **Leaders** cultivate a culture of well-being that strengthens team resilience and organizational potential across educational and therapeutic settings.
- **Families** feel supported by and connected to the organizations serving their children.



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