

Resilient Calm Learner Project

Taught by Dr. Lucy Vezzuto

Accepting Applications for
Winter 2019-2020 Cohort



No-Cost Training for K-8 Classroom Teachers

- > Increase your stress-coping skills & mindful presence
- > Integrate student stress-reduction & self-regulation practices into your classroom routines.
- > Teach students how to self-calm & manage their emotions & impulses.
- > Create a calm classroom & school

Benefits for Participants

- > Training and Coaching Support,
- > Increased adult wellness
- > Increased SEL competence for students
- > Honorarium for designated project requirements.

Teachers are provided:
Teaching materials and

\$400 Honorarium

continental breakfast included, lunch on your own.

* Ventura County public, private and charter school classroom teachers with a consistent roster of students are eligible to apply.

Project questions?

Contact *Claudia Frandsen* at cfrandsen@vcoe.org or
(805)437-1301

Registration questions?

Contact *Natasha Hart* at NHart@vcoe.org or
Angel Moreno at AMoreno@vcoe.org
(805) 437-1337

*Training content aligns with LCAP priorities
student engagement and school climate.*

Calm Mindful Teacher Calm Focused Students

What You Need to Know

The project provides 18.5 hours of training; 2- all day sessions and 3- after-school coaching sessions.

Participants are required to teach the stress coping and self-regulation skills to students and log their teaching.

Before applying please read about

project eligibility, requirements and schedule at:

<https://tinyurl.com/resilient-calm>

Winter Cohort

All Day Coaching Sessions

January 9 & 15, 2020-

8:00am-3:30pm

After-School Coaching Sessions January

27 & February 12, 2020-

4:00 pm - 6:30 pm

On-line Coaching Session

February 24, 2020 4:00pm-5:30pm

To register use the following link:

<http://vcoe.k12oms.org/1617-177917>

Application Due Date

January 6, 2020

Limited seating! Register promptly!



"Made possible through the California Mental Health Services Act and Ventura County Behavioral Health."