

CORA Services

CORA is a multi-funded, community-based, non-profit agency, which offers professional services to children, youth and their families. Among the many services provided are: psychological and educational evaluations; speech and language services; individual, family, and group counseling; vocational and career counseling; remedial education; parent education; resource and referral assistance; job training and pre-employment skills. The service approach of CORA is based upon a belief in the value of the person, and appraising of the individual's unique potential for growth.

www.coraservices.org

Location of Programs

CORA SERVICES, 8540 Verree Road, Philadelphia, PA 19111. Directions from Roosevelt Boulevard (Rt. 1) - Traveling North on Rt. 1, turn left onto Rhawn Street (if traveling South on Rt. 1, turn right onto Rhawn Street). Drive approx. 1.5 miles and turn right onto Verree Road. After the third light make a left into the CORA Services driveway (there is a sign at the entrance). Park in the first lot on your left. Enter the Reception area and proceed to Conference Center. The CORA Building is wheelchair accessible.

Continuing Education Credits

CORA Services, is approved by the American Psychological Association to sponsor continuing education for Psychologists. CORA Services maintains responsibility for the program and its content.

CORA Services is approved by the **Pennsylvania Department of Education** to sponsor continuing education for certification under Act 48.

The PA Board of Social Workers, Marriage and Family Therapists and Professional Counselors has approved the credit hours for this conference.

CORA Services has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5802. Programs that do not qualify for NBCC credit are clearly identified. CORA Services is solely responsible for all aspects of the programs.

Certificates of attendance will be awarded to participants who attend the entire workshop and complete the evaluation form. Partial credits will not be awarded. Late arrival or early departure will preclude awarding of CE credits.

CORA SERVICES, INC.
8540 Verree Road
Philadelphia, PA 19111

CORA SERVICES

PRESENTS:

From Stress to Success

Presented by:

*Alice Dommert
Whole Being Architect
Founder & CEO of Prasada*

On

October 12, 2018



Registration Form
From Stress to Success
10/12/18
Time: 9:00 a.m. - 12:15 p.m.
Price \$80.00

From Stress to Success
October 12, 2018
9:00 a.m. to 12:15 p.m.
CORA Conference Center

Name _____

Address _____

Phone _____

Email _____

Fax # _____

Credits Applying for:

Act 48

Cost of Program - \$80.00

Pre-registration is required. Register Online at www.coraservices.org – Events
Or send registration form with check made payable to **CORA Services, Inc.** to:

Ceil Hanas
CORA Services, Administrative Offices
8540 Verree Road, Philadelphia, PA 19111
Phone (215) 701-2629
Email: chanas@coraservices.org

Registration deadline is **10/5/18**.

Registration begins 1/2 hour prior to stated program time.

Cancellations made LESS THAN 72 HOURS before the programs will NOT be refunded.

Presenters:

Alice Dommert, is the Founder and CEO of Prasada and a WholeBeing Architect with a unique background. She is a licensed architect and exhibit designer, writer, speaker and consultant with training in yoga and mindfulness, breathwork, positive psychology and organizational development.

In 2009, she founded Prasada, a group of health and wellness professionals, to deliver skills and practices for Wholebeing to the workplace so individuals and their organizations can thrive. Ms. Dommert leads the Prasada team working with clients across the country to build positive cultures for human sustainability through professional development and wellness programs.

Intended Audience:

This program will benefit Psychologists, Social Workers, Mental Health Counselors, Educators, Principals, Teachers, Graduate Students, and other practitioners within mental health and education who provide direct services and/or parent/teacher consultation for this population.

Schedule:

8:30	Registration
9:00	Conference
10:15	Break
10:30	Conference
12:00	Evaluation and conclusion

Purpose:

This workshop will provide an overview of the mental and physical benefits of a mindfulness practice and the science behind these claims. Participants will be introduced to how to begin a mindfulness practice and will also experience a 10-minute mindfulness meditation. Participants will practice five yoga postures that can be easily done standing and seated in a classroom or office for spine health, tension relief and mental calmness and increased confidence.

Objectives:

As a result of this interactive workshop, participants will be able to:

- Learn the biology of stress and current studies about how stress can both damage and enhance the body and the brain.
- Learn how the brain reacts to triggers of perceived fear and how the brain/mind can be trained for better mental resilience to better manage stress.
- Learn two breathing techniques to immediately manage high blood pressures, increased heart rate and a distracted, anxious mind.

Credits Offered:

Act 48: 3.0