

First 5 Santa Cruz County & MHSAS Workforce Education & Training (W.E.T.) Present...

Neuroscience and the Art of Living with Grace: Peace Purpose & Happiness at Work, Play and in Relationships

Date: Friday, November 19, 2010

Time: 8:30 a.m. – 11:00 a.m.

Location: Henry J. Mello Center
250 E. Beach Street
Watsonville, CA 95076

**Registration, Networking & Continental Breakfast starts @ 8:30 a.m.
Seminar begins at 9 AM**

**Parking is only available at the two City of Watsonville parking
garages. (For garage locations see map on second page)**

In this lecture, Dr. Arredondo will present further information on the *Alignment* of the Tonal (Heart Mind Body and Soul) and present more information on the foundations of *Attunement*, connectedness and authenticity. He will describe how well-being is not just the freedom from suffering and how joy is different than happiness. Boredom will be defined and addressed as a symptom of sub optimal living. The emergence of empathy, compassion and gratitude as natural features of normal human development will be described along with the practical implications of contentment and happiness at work, play and in relationships.

**Once you have supervisor approval, please RESISTER IN ADVANCE with
Balvina Collazo @ 454-4519 or e-mail your RSVP to:
mhsastraining@health.co.santa-cruz.ca.us**

This course meets the qualifications for 2 hours of continuing education credits for LCSW's and MFT's as required by the California Board of Behavioral Sciences.
Provider: Alicia Nájera, LCSW; Provider No. 1109

To ensure you get full credit for Cultural Competency and CEU's, please sign in and out,
and complete a course evaluation.

Dr. Arredondo's talks are aimed to help early educators, CASA's, probation officers, youth development and family support staff, social workers, judges, mental health clinicians, teachers, foster parents and others to connect children and youth with lasting connections to increase overall health. www.davidarredondo.com for more information

PLEASE NOTE: Due to classes being in session parking around the high school is limited. Parking is only available at the City parking garages on the corner of Rodriguez & East Beach St. or on Rodriguez & Second St. At each of the parking structures the first 2 hours are FREE! Daily parking passes can be purchased at the parking garages from the automated machine for \$5.00 each.

