Feeling Stressed or Overwhelmed?

You are Warmly Invited to join our Daily Mindfulness & Resilience Gatherings with Dr. Ken Verni, PsyD.

OPEN TO ALL!

Through grounding and centering activities, nurturing and moving the body, and awareness of breathing, the mindfulness practices offered can help with the stress and uncertainty we are currently faced with. Learning how to take refuge in the present moment can help greatly with the habits of the mind that fuel our anxieties, affect our mood, and increase a sense of isolation from others.

Each session starts with a short practice of arriving and getting centered. Next, we transition into some gentle movements (shoulder, neck, hip rolls, stretching), followed by some invigorating movements to get blood the flowing, prior to a guided sitting meditation for the last 15 minutes. Involvement is very informal. You can come and go as you please, as participants have cameras off and microphones muted until the very end.

All ages and level of experience are welcome! Dr. Verni provides short tips and suggestions throughout the sessions, modifying practices a bit depending on those present.

**Presenter: Dr. Ken Verni, PsyD** is a clinical psychologist and certified Mindfulness-Based Stress Reduction teacher. He works as a training and consulting specialist at Rutgers supporting children and families of NJ connected to the Children’s System.
of Care. He has been practicing Mindfulness for over 30 years and is grateful for the opportunity to offer some instruction, encouragement and a place of refuge for anyone able to attend.

**Mid-Day Mindfulness & Resilience Gathering**
A guided mindfulness practice for unique times.

(Pre-registration is not required.)

**Every Monday, Tuesday, Wednesday, & Thursday**
11:15 AM to 12:00 PM

**Meeting number:** 793 875 678
**Password:** TCaax3Yhw72

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**Morning Meditation Meeting**
A *minimally guided* sitting meditation practice to help establish presence, posture and intention.

(Pre-registration is not required.)

**Every Monday, Wednesday, & Friday**
7:30 AM to 8:15 AM

**Meeting Number:** 794 664 844
**Password:** Awareness

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