



THE ILLINI READING COUNCIL & VERMILLION VALLEY READING COUNCIL

PRESENT

March Mindfulness

Creating a Culture of Well-Being in Our Schools

**Practicing mindfulness ourselves
Learning how to use it with students**

Presenters

Amanda Cliburn, Special Education teacher, Edison Middle School and Kevin Soto, Social Worker, experienced presenters and members of the Coalition of Schools Educating Mindfully

Date: Saturday, March 25, 2023

Time: 10:00 PM - 12:00 PM

**Location: Champaign Public Library
Robeson Pavilion Room C**

(forward to friends!) 1.5 CPDU credits available

[Register Here](#)

Illini & Vermilion are local councils of the state Organization Illinois Reading Council (IRC). IRC is an organization that promotes literacy in all content areas for all ages. There are many [many benefits](#) and resources available for its members.