

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.”

~Jon Kabat-Zinn, creator of Mindfulness-Based Stress Reduction

The statistics are staggering. The number of people suffering from stress-related issues is fast approaching 100%. According to the American Psychological Association reports, 8 out of 10 people are experiencing some form of physical and/or emotional issues related to stress.

Mindfulness is a powerful, scientifically proven resource for breaking free from harmful emotional ruts and mindless habits in order to live with full awareness and greater freedom.

We can only change that which we are first aware of.

Mindfulness is a life preserver of resilience that increases our ability to recognize our internal experience of mind, body, and thought. This recognition can lead to greater clarity of thought, less chaos in our day-to-day lives, and allows us to learn to direct where we place our focus and attention.

Exploring concepts such as: acceptance, patience, non-judging, non-striving, trust, letting go/letting be, gratitude and generosity can lead to self-discovery, personal growth, and inner healing.

Mindfulness is a practice in ‘being’ rather than one more thing that needs doing.

Staff

Leslie Wall

**Mindfulness-Based Stress Reduction Practitioner
Certified:**

- MBSR Practitioner
- Mental Health First Aid
- Mindful Nurturing Parenting Instructor
- Family Teacher
- Suicide Prevention

Leslie has over 20 years of experience working with children, families and individuals, and facilitating small group discussions, classes and workshops.

Private Pay

Class schedules and more information is available on our website at

www.plumasruralservices.org

To Pre-Register for a Class or
Private One-on-One Coaching

**Please call Leslie Wall at 530-283-3611
or email**

lwall@plumasruralservices.org

Mindful Living services are offered at various rates, based on the type of delivery: 8-week course, full-day workshop, or one-on-one instruction. Visa, MasterCard, Discover, American Express, cash and checks are accepted.

Plumas Rural Services is an equal opportunity service provider and does not discriminate against clients on the basis of race, color, religious creed, ancestry, national origin, age, sex (including pregnancy, childbirth or related medical conditions), marital status, sexual orientation medical condition or disability.



Mindful Living

Providing mindful solutions to dealing with the stressors of life through workshops, 8-week classes, and one-on-one intensive coaching.

**711 E. Main Street
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MINDFULNESS-BASED STRESS REDUCTION

The 8-week Mindfulness-Based Stress Reduction course is appropriate for anyone wanting to explore mindfulness and its potential benefits in their lives.

The course is designed to introduce mindfulness through a variety of practices, practical tips, exercises, and resources. Sessions include the following topics:

- **Introduction to Mindfulness**
- **Be Right Where You Are**
- **Our Storytelling Minds**
- **Cultivating Kindness**
- **Willingness to Be with Things as They Are**
- **Finding Compassion Within**
- **Enhancing Resilience**
- **Moving Forward**

The course is offered several times each year throughout the county for individuals and can be modified into a full-day workshop or intensive two-day training for groups.

Private One-on-One Coaching

Private mindfulness coaching is also available to address personal challenges, stressors, and life situations.

Individual sessions can be modified to address unique needs and includes hand-outs, resources, and on-going support. Home visiting may also be arranged, when necessary.



MINDFUL CO-PARENTING

The 7-week Mindful Co-Parenting class is designed for parents who have separated, yet intend to parent their children together.

The class will assist with the development of a Co-Parenting Plan and will offer concrete support for relationship development, positive communication, and emotional healing. The class includes the following topics:

- **Foundational Agreements**
- **Personality & Emotions**
- **From a Child's Perspective**
- **Relationship Building**
- **Timesharing**
- **Developing a Co-Parenting Plan**
- **Focusing Forward**



MINDFUL NURTURING PARENTING

The 8-week Mindful Nurturing Parenting course is offered in every community of Plumas County throughout the year, funded through the Plumas County Department of Social Services.

Mindful Nurturing Parenting classes are appropriate for everyone—parents, foster parents, grandparents, teachers, CASA volunteers, and anyone wanting to interact with children more mindfully and with less stress.

Classes offer multimedia presentations, resource materials, and open discussions to provide support, encouragement and guidance. The 8-week course includes the following topics:

- **Mindful Self-Care**
- **Personality and Birth Order**
- **Communicating with Respect & Understanding Feelings**
- **Building Self-Worth & Praising Behaviors**
- **Brain Development & Trauma Recovery**
- **Developing Family Morals, Values, & Expectations**
- **Understanding Child Abuse & Alternatives to Spanking**
- **Introduction to Mindfulness-Based Stress Reduction**

Each 8-week course is tailored to the unique needs of attendees and includes elements of Mindfulness-Based Stress Reduction. The classes are a confidential, safe place to share challenges and learn from the experiences of others.

