

# MINDFULNESS

*for stress reduction with Latina immigrants*

*"I was finally able to listen to myself"*

FREE WEBINAR HOSTED BY SOUTH SOUTHWEST ATTC  
FOR PROFESSIONALS WORKING WITH THE LATINA POPULATION

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*Get familiar with the concepts of mindfulness and how it can be useful for Latin immigrant women to manage uncertainty and reduce stress using an equity and inclusion framework*

**THURSDAY, APRIL 13**

1:30 PM - 3:00 PM CENTRAL TIME

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## CONTINUING EDUCATION

1.5 CEU HOURS APPROVED THROUGH  
NASW AND TCBAP, AN IC&RC ENTITY

*Interested?*

REGISTER HERE

QUESTIONS?

EMAIL MARY @

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***Presented by Diana C. Perra***

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MINDFULNESS FACILITATOR FOR THE ACADEMY  
FOR DIVERSITY, EQUITY + INCLUSION

