

Workshop Descriptions

Guided Meditation

In this 45 minute session, participants will be introduced to mindfulness meditation in a unique way. The workshop begins with an introduction of mindfulness and explanation of the significance of mindful breathing. Participants are taught simple stretches to warm the body and quiet the mind before they are led through a body scan relaxation. From there, participants will be guided through a simple four step meditation with a specific focus. At the end of the workshop, teachers will learn simple practical ways to integrate these new tools and techniques into their everyday lives and even into the classroom.

Zumba

Zumba is a dance fitness class that combines Latin and international music with dance moves. The routines incorporate interval training, alternating fast and slow rhythms, to burn calories and help improve fitness. Effective and fun! All you'll need are sneakers.

Beach Oasis Art Activity

We will be creating a majestic ocean scene that will take you on a mental vacation whenever you need one. Whether you're a master artist or brand new to the craft, I will walk you through this painting step-by-step and make sure you are having fun while you're at it! Remember, it is about the process, not the product!

Materials/ colors that will be used: White, green, blue, yellow, brown paint (can substitute colored pencils, markers, or crayons- whatever you have available)

Sound Bath

A Sound Bath will be provided through the use Tibetan singing bowls, metal tuning forks, and crystal singing bowls that emit different frequencies and are used to encourage meditation and relaxation. This experience is referred to as a "bath" because the participant(s) are immersed and somewhat (bathed) in beautiful sounds and vibrations that are known to relax the body and mind.

Adult Workshop Bios

Panel Discussion

Panelist - *Anna Barone-Fatigate*

Anna Barone-Fatigate, MSW, CASAC, is the Assistant Clinical Director at ADAPP, the Archdiocese of New York, Drug Abuse Prevention Program. She oversees the Agency's prevention programming and clinical services. Her experience includes working with children, youth and their families. After receiving a Master's degree in Social Work from Fordham University, Anna began her professional career at ADAPP as an intervention counselor in two high schools in the Bronx and Manhattan. She went on to become the regional clinical supervisor in ADAPP's Westchester office and years later in the Bronx office. This led to her current position as assistant clinical director. She is a Credentialed Alcoholism and Substance Abuse Counselor (CASAC). Anna has been trained in several OASAS approved evidence-based programs and has provided a variety of trainings to staff, schools and community members throughout New York. Some community trainings include; QPR, YMHFA and DASA.

Panelist - *Cristina Harris*

Cristina Harris, MSW, is the Director of Training for Vibrant's Center for Policy, Advocacy, and Education. She oversees Training and Technical Assistance contracts that provide professional development services to human service professionals throughout NYC. Cristina has been designing and facilitating training experiences for social service, youth development, and education professionals for the past 15 years with an emphasis on identification and support for the mental and behavioral health of youth; implementation of trauma-informed approaches; and effective strategies for supporting employee well-being.

Cristina started her career as a NYC public school educator and after receiving her Master's degree in Social Work from New York University worked in preventive foster care with families in the Bronx. Her work over the past 20 years has been focused on ensuring access, empowerment, and support for children, youth and families throughout NYC.

Guided Meditation - Facilitator - *Jennifer Monness*

The Meditation Lab was founded in 2016 by long-time yoga teacher and meditation facilitator Jennifer Monness. The mission of The Meditation Lab is to share mindfulness practices to help children and adults better manage stress, increase focus, and regulate emotions. Throughout the past five years, Jennifer has led both in person and virtual workshops to over 15,000 students and teachers throughout Westchester County in New York City.

Zumba - Instructor - *Brianna Santana*

Brianna Santana is a licensed Zumba instructor who teaches classes in the Bronx, including at Performer's Edge Dance Academy in Throggs Neck.

Sound Bath - Facilitator - *Marinés Rodriguez*

Marinés Rodriguez is a native New Yorker, born and raised in the Bronx. She is certified in Tibetan Sound Healing and Reiki Healing. Her background is in drug abuse prevention and she has a BA in Psychology. She uses her tools to assist individuals and communities.

Beach Oasis Art Activity - Instructor - *Alexa N. Accardi*

Alexa N. Accardi, LMHC, received a bachelor's degree in Psychology with minors in Art Therapy and Spanish, and a master's degree in Clinical Mental Health Counseling. I have a second job/ passion as a painting instructor and teach weekly art classes at Pinot's Palette in Fishkill, NY. I very much love what I do and I believe that art has healing powers!! ❤️