

Children and the Mental Health Crisis The Role of Meditation

Monday 5 July 2021 at 1.00 - 3.30 pm UK time



**Keynote speaker: Dr Jean Clinton
with Laurence Freeman OSB**

This Meditatio webinar will focus on the psychology and spiritual health of children and young people.

World wide, 10-20% of children and adolescents experience mental health conditions. Half of all mental health conditions start by 14 years of age. Suicide is the third leading cause of death in 15 -19 year-olds. This is a growing crisis. Teaching meditation at an early age helps build up resilience and diminishes the reaction to stress along with bearing the inner fruits of wholeness.



RESILIENCE & MEDITATION Creating conditions for building resilience in children and young people at an early age contributes to the wholeness of their well-being both now and into the future. We can create those conditions which lead to hope.

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry.



THE VULNERABLE STRENGTH OF CHILDREN Meditation brings many benefits and fruits to children and young people. Our experience has shown that children not only love to meditate but when taught from an early age contributes to both their psychological and spiritual growth.

Laurence Freeman is a Benedictine Monk and Director of The World Community for Christian Meditation

Registration

GBP £15.00 per person. Bursaries are also available for those in need.

GBP £175.00 for a group registration of 10 people and access to a teacher/staff in-service plan for formation sessions.

GBP £275.00 for a group registration of 20 people and access to a teacher/staff in-service plan for formation sessions.

Book online here

<https://give.wccm.org/donations/children-mental-health-crisis>

Registration ends on 1 July 2021

A recording will be sent to all those who register



For more information please contact meditatio@wccm.org

www.wccm.org