



Mindfulness: Good for You, Your Brain, & Your Relationships

We are teaming up with Julie Lemon, PhD, LMHC to highlight the power of mindfulness within ourselves and our relationships with others. Julie's program, SPICE, is a research-based, spiritual empowerment program that utilizes mindfulness, neuroscience, storytelling, and experiential exercises to infuse more calm, health, and joy in your relationships and in the world.

The webinar will be led via Zoom by Covenant Family Solutions in partnership with Dr. Julie Lemon. There will be time for questions at the end.

Syllabus Outline

- Presenter: Dr. Julie Lemon, LMHC
- Personal Story
- Benefits of Healthy Relationships
- Mindfulness and Neuroplasticity
 - Definitions
 - Benefits
- The Seven F's
- Practicing techniques

Additional Information:

This webinar is .5 hours of CEU credit. If you are interested in receiving CEUs for this webinar, please request a certificate by emailing communications@covenantfamilysolutions.com. You will be required to fill out a survey in order to receive your certificate. Please note that you are responsible for ensuring that this webinar meets the requirements in your state.

About the Presenter

Dr. Julie Lemon, LMHC is a constant seeker of all things well-being and believes that relational satisfaction is key to health and happiness. In 2010, she opened a private therapy practice and has been providing therapy there for the last decade. Most recently, she founded the Spiritual Program for Individual and Couple Empowerment, and she looks forward to adding SPICE to the lives of others. Learn more at addspicetoyourlife.com.