

# Character Counts! In Glenview Spring Event

## Mindfulness A Life Line...

Thursday, April 5, 2018

7:00 – 8:30 pm

Glenbrook South High School Lyceum  
*Enter through Front Entrance A*

**Parents, staff and students are welcome to attend!**

Please join us in this interactive presentation on:  
Mindfulness – a glimpse, a taste and a breath.  
You will take away tools to better manage the stress and practices  
to live a calmer and happier life.

Presenter Robin Lake, LCSW, is a Family Service Center Clinician. She earned her Master of Social Work from the University of Michigan and her Master of Psychology from Michigan State University. She enjoys teaching and presenting on the benefits of mindfulness and meditation, trauma and the stress response system, social and emotional learning competencies, and the use of mindfulness in parenting, communication, and daily life.

**CHARACTERCOUNTS!**  
IN GLENVIEW

