



AGENDA

May 22, 2018

Coffee & Conversation 9:30 - 10 a.m.

GSC Meeting 10 a.m. - Noon

MI Works! Conference Center
1209 Garfield Avenue
Traverse City MI 49686



10 minutes	Welcome	Jann Jencka
15 minutes	Mary Merwin <i>Voice for Children</i> Award	Cheryl Bloomquist
30 minutes	Let's Be Ready for Kids	Cheryl Bloomquist
65 minutes	Mindfulness – an introduction	Donald Schuster
12:00 p.m.	Adjourn	Jann Jencka

Don Schuster Bio

Donald Schuster was the Executive Director for Listening Ear for the last 38 years where it grew from two employees to over 350 today, offering numerous human service and mental health programs throughout mid and northern Michigan. He started over eight programs at Listening Ear, many centered on children in trauma. He has been a practitioner of the trauma informed practices from the Culture of Gentleness for over two decades. He is a board member of the Michigan Assisted Living Association, NE Michigan 2-1-1 information and referral and Northwest Michigan United Way.

Don has a Master's Degree in Social Work from the University of Michigan. Mr. Schuster has also been a leadership consultant for over three decades working in the field of strength-based leadership, team building, strategic planning, communication and mindfulness based stress reduction (MBSR). He has taught social work, community organization, fund development and counseling classes for Central Michigan University and Michigan State University.

Don is a Mindfulness Based Stress Reduction instructor associated with University of Massachusetts Center for Mindfulness. He has been a meditator for about 50 years, using the practices of Transcendental Meditation, Mindfulness, Kundalini Yoga and Hatha Yoga. He has attended numerous 5, 7 & 9-day meditation retreats and routinely teaches meditation classes.

Next Regular GSC Meeting	September 25, 2018 10:00 a.m. – Noon	Traverse Bay Area Intermediate School District Conference A & B 1101 Red Drive, Traverse City MI 49684
2018 GSC Meetings		November 27
2019 GSC Meetings		January 22, March 19, May 28, September 24, November 26