



WestEd 

October 8, 2025

# Wellness Mini-Session

## Mindful Meditation

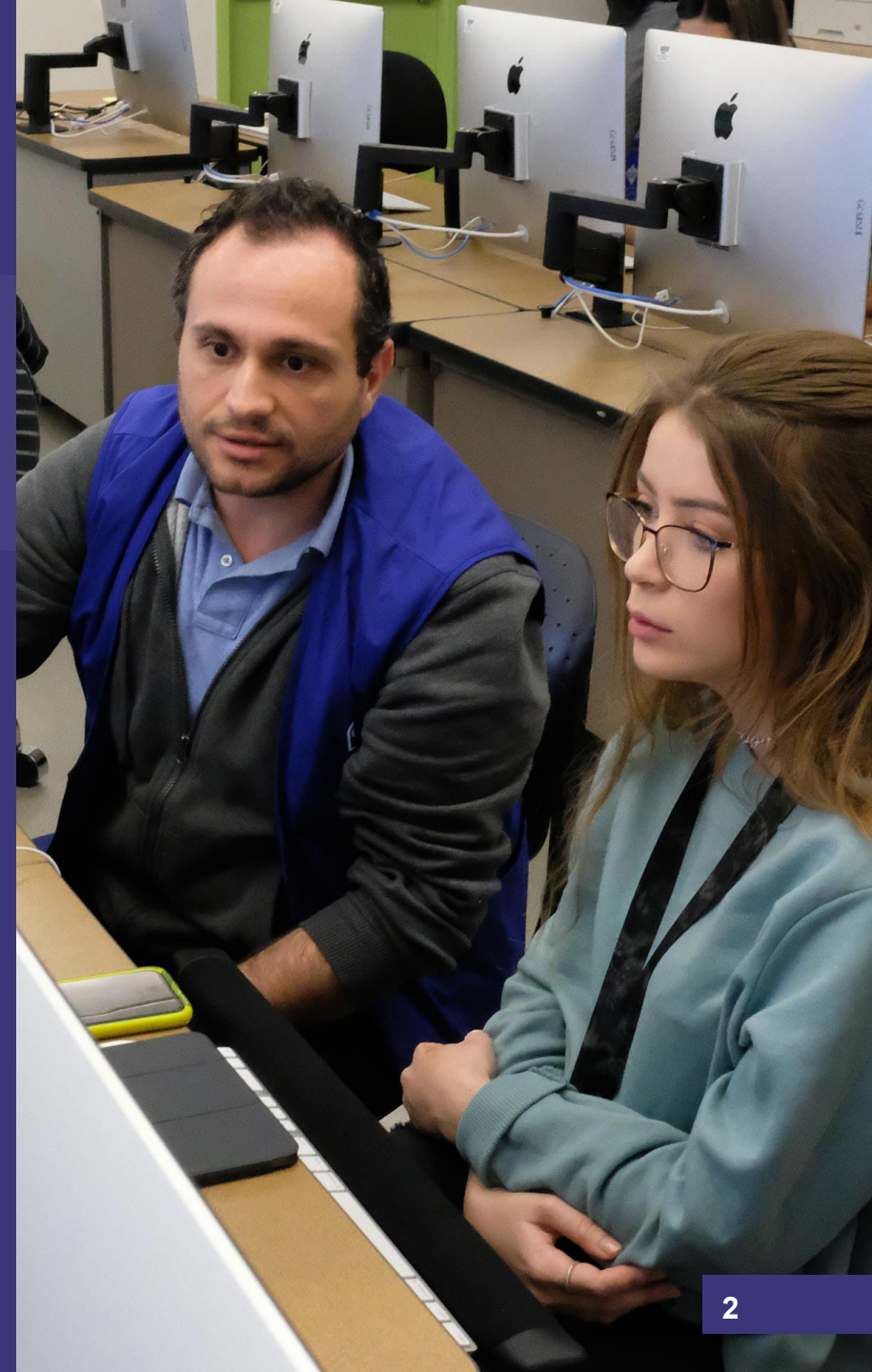


# Welcome!

This mini-session is hosted by the California Stronger Connections Technical Assistance Center.

We provide support to local education agencies in the following focus areas:

- cultivating safe and healthy learning environments;
- preventing and responding to acts of violence, bullying, and/or harassment;
- addressing unmet mental health needs;
- implementing safety assessments and corresponding plans; and
- promoting positive school climate and culture.





# Presenters



**Karl Travis**  
Wellness Coach



**Matt Reddam**  
School and Community  
Wellness Advisor

## More Opportunities for Learning and Connection

- LEA Peer Network on Participatory Data Use Practices
- School Safety Collaborative for County Offices of Education
- Proposal Support Series
- Webinars



Learn more at [strongerconnections.wested.org](https://strongerconnections.wested.org)



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# Thank you!

Contact Us:  
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