



Bombay Psychiatric Society

(Regd. No. INS/30891)

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(2018 – 2019)

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Dear Members,

BPS is organising a **Workshop** on
'Using Mindfulness based CBT to reduce stress and anxiety in children and teens.'

Date: 20th January 2019, Sunday. Venue: Physiology Lecture Hall, 3rd Floor, College Building, Sion Hospital, Sion, Mumbai – 400022.

The workshop will provide hands on experience of many different mindfulness exercises (focused on different age groups), that clinicians can use in their practice.

Speaker: Dr. Leena Khanzode,
(Child and Adolescent Psychiatrist, Los Altos/SFO Bay area, USA.)

12.30pm- 1.00pm Registration

1.00pm to 2.00 pm- Lunch

2.00- 5.00 pm – Workshop

Tea Break at 3.30pm.

Kindly Confirm your presence to this Email id: bpssecretary2013@gmail.com
(No Charges)

About the speaker:

Dr. Leena Khanzode is a Child and Adolescent Psychiatrist practicing in the Los Altos/SFO Bay area, USA.

She is an Adjunct Clinical Faculty in the Child Psychiatry Department at Stanford University.

She is the President of a non- profit- organization, Taarika foundation, which she co-founded with 2 other child psychiatrist in October 2017.

Taarika's mission is to create awareness of mental health in children and teens by conducting educational workshops and seminars for parents, teachers and therapists and teach stress management strategies like mindfulness to children and teens.

She has been conducting local and international (mainly in India) talks/seminars and workshops through Taarika.

She is mentor and adviser for Mom's Belief- an organization in India, focused on educating and empowering the parents of children of special needs.

Regards:

Team BPS

Donations are exempt under Sec. 80G of the I. T. Act, 1961 via Certificate No. DIT (E) MC/80 - G/1705/2002

Website: bombaypsych.org