



**Who:** Women in Family-Business

**Sponsored By:**

**What:** "Stress Management & Mindfulness:  
A stress busting workshop for busy women"



**Where:** PretiFlaherty, One City Center, Portland, ME 04101

**When:** Thursday, November 19, 2015 from 4-6 p.m.

**Cost:** Members – Complimentary; Future Members - \$35

**Register & RSVP at:** <http://fambusiness.org/event-2077714>

Just in time for the holiday madness, join the Women in Family Business (an affinity group designed by women for women at the Institute for Family-Owned Business) for an inspirational program with Joni Altshuler, LCSW (Licensed Clinical Social Worker) from The Way Home for a session on "Stress Management & Mindfulness." Joni has been a community educator on "Stress Management", "Mindfulness Practices" and "The Emotional Body". She will lead us through a series of exercises and experiences for the mind and body that we can do in our business attire and have tangible "take home" tools to help us all manage the stress in our lives from our work, families and life in general. We'll have plenty of time to network and enjoy light hors d'oeuvres, wine and fun door prizes.

As a licensed clinical social worker, Joni has been helping individuals, families and groups become their "best" selves for over thirty years. Early in her career she had the opportunity to be the clinical supervisor of the New Jersey Center for the Healing Arts, one of the first integrative mental health models on the North East. The center considered "cutting edge" at that time integrated counseling and psychotherapy with best practices of conventional, alternative and complimentary medicine.

Upon moving to Maine, she opened a private practice The Way Home, and continued her quest to learn and build a holistic approach to help those she served. She completed an extensive training in Sensorimotor Psychotherapy, a body oriented talk therapy for the treatment of trauma and attachment. She has completed levels I and II as an EMDR therapist as well. For the last two years she has been an active member of a study group devoted to Acceptance and Commitment Therapy.



Her strong mindfulness and body oriented approach lead her to completing a 200hr yoga teacher training with master teacher Jacqui Bowell. Joni has been an adjunct teacher at Southern Maine Community College as well as the University of New England. Along with her private practice, Joni currently teaches yoga classes to the refugee community in Portland Maine as well as a Trauma Sensitive yoga class for women with histories of sexual abuse and trauma.

As a consultant she enjoys sharing her integrative approach with therapists new and old to the field. She believes passionately in the power on mindfulness practices to help individuals and groups act by the values most important to them in order to live more purposeful and meaningful lives.

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