



KORU
mindfulness

September 7, 2019

Dear Parent(s)/ Guardians of High School Junior and Seniors, and College Students,

This is to announce an opportunity for your son, daughter, or family member to get a head-start on planning for a successful transition to college, and to support continued success for those who are already there. The Koru Basic mindfulness course is being offered to students ages 16-24. Koru Basic is one of the fastest growing and scientifically-validated stress management programs available today for older adolescents and emerging adults. With college counseling centers across the country facing an unprecedented number of students seeking assistance in managing depression, anxiety, academic stress, homesickness, and adapting to college life, Koru is an excellent choice for creating a toolkit of emotion-regulating and self-soothing mental skills.

Koru is the only evidence-based mindfulness course designed to teach mindfulness skills to college and university students. Koru was developed by Duke University Counseling Center psychiatrists Holly Rogers and Margaret Maytan, and is described fully in their book *Mindfulness for the Next Generation: Helping Emerging Adults Manage Stress and Lead Healthier Lives (2012)*. Detailed information about the program is available on the Koru web site at: www.korumindfulness.org.

The actual course is presented in four weekly 75-minute classes of 10-15 participants. This is an educational course and not psychotherapy. A more complete outline of the content of each of these classes is included in the course outline (attached).

No prior experience with mindfulness is required, but students must be able to attend all four sessions. The suggested text for the course is: *The Mindful Twenty Something: Life Skills to Handle Stress and Everything Else*, by Holly Rogers (2016). A copy of the text is included in the course tuition along with a mobile phone app that will be used throughout, and hopefully after the course.

The first course will run on four consecutive Mondays starting October 7, and then October 14, 21, and 28, 2019 from 7:30 to 8:45. **A second course** will run on November 7, 11, 18, and 25. The location will be:

Long Island Behavioral Medicine

1727 Veterans Memorial Highway - Suite 300, Islandia, NY 11749

Mindfulness helps students to work with difficult emotions such as anger, anxiety, and depression, and enables them to respond more effectively instead of reacting out of a more habitual and ineffective style. Research shows that students who took Koru Basic reported feeling calmer, more mindful, more rested, and more self-compassionate, all which are associated with improving academic performance, emotional functioning, and other performance related activities, such as sports, music, theatre.

The tuition for this course is \$299.00 payable to Pantaleno Psychological services, PLLC at the time of registration via check only. **There are no tuition refunds once you have requested a place in the class and have received confirmation via e-mail. For a second child or friend who registers, a discount of an additional \$25.00 may be applied. Please register online for ONE course here:**

October course: <https://dashboard.korumindfulness.org/web/index.php?r=course%2Fsignup&id=2432>

November course: <https://dashboard.korumindfulness.org/web/index.php?r=course%2Fsignup&id=2433>



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If you have any questions or wish to receive further information, please contact one of us at your convenience.

Sincerely,

Anthony Pantaleno, Ph.D.
Barbara Fisher, Ph.D.

NYS Licensed Psychologists
Certified Koru Mindfulness Teachers

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KINDLY RETURN THIS FORM TO THE ADDRESS ABOVE WITH YOUR CHECK

After you have completed online registration, you will be notified via e-mail to confirm your/ your child's place in the class. If the class is full, we will notify you ASAP, hold your check, and offer you a space in the next class. We will return your check if that next class is not workable for you.

**Payment by check of \$299.00 payable to: Pantaleno Psychological Services, PLLC
358 Veterans Memorial Highway Suite 9
Commack, NY 11725**

Registration will close one week before the start of each class.

No refunds after we receive and confirm your online registration via e-mail. Looking forward to meeting you.

Please print clearly:

Name of Student: _____ Age: _____

Postal mailing address: _____

Preferred phone: _____ Student's E-mail address: _____

Parent preferred E-mail address if you wish to receive periodic course progress notes:

_____ Parent phone number: _____

Parent/guardian signature for students under 18 years old: _____

To be added to our mailing list for future Koru Basic classes, please provide:

Your name: _____ **E-mail address:** _____