

Mindfulness for Beginners

Presented by TriHealth EAP

In-person session:

October 16 at 12:30 – 1:00 p.m.

4th floor conference room in HUB

Virtual session:

October 24 at 12:30 – 1:15 p.m.

Room 102/103 in HUB - Watch Party

[Click here to join](#)

This 30-minute session is designed for beginners to explore how mindfulness can positively impact daily life, featuring hands-on experiential exercises as part of the training.



**Laura Jackson, LISW,
LICDC, SAP**
TriHealth EAP, Specialty
Treatment Coordinator

Laura has over 15 years of experience in behavioral health. She obtained an undergraduate degree in Addiction Studies and a Master of Social Work, both from the University of Cincinnati. She holds an independent social work license in both Ohio and Kentucky, as well as an independent chemical dependency license in Ohio. Previously, Laura worked in community mental health at Catholic Charities in Covington, Kentucky as a counselor, supervisor, and addiction specialist. Laura's professional experience at TriHealth EAP includes counseling, substance use evaluations, on-call intervention, disability case management and company liaison.