



Recovery Residence AssociationSM

BY COMMUNITY HEALTH IMPROVEMENT PARTNERS



Personal Development-Supplemental Training:

Unlock the Power of Mindfulness!



Objectives

- Understand the core principles and benefits of mindfulness.
- Recognize how mindfulness supports healthier shared living environments.
- Identify common stressors in shared housing and apply mindfulness techniques to manage them.
- Practice simple, effective mindfulness exercises for daily use.
- Enhance communication and empathy among residents through mindful awareness.
- Develop strategies to create a more peaceful, respectful, and cooperative home culture.

ONLINE TRAINING

Wednesday, November

11th, 2025

11:00am-1:00pm

Scan the QR code to register.



<https://tinyurl.com/mindfulRRANov>

Speaker Bio

Janisha Street is a Marriage and Family Therapist from New York and a first-generation college graduate. She holds degrees from The Lincoln University, Liberty University, and Alliant International University. Janisha began her career as an intern at City College in 2019 and joined the Continuing Education team in 2021.

She is passionate about supporting underserved communities, using a collaborative approach to empower students to take charge of their mental health while pursuing their educational goals.



Janisha Street, LMFT

To connect with Residence Recovery Association, email info@rrasd.org or call 858-609-7977.

www.rrasd.org



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COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



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