



Oakland Unified School District

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Legislation Text

File #: 14-1185, **Version:** 1

Ratification by the Board of Education of a Professional Services Contract between the District and Shahara Godfrey, Vacaville, CA, for the latter to offer a 6 hour course called Introduction to Mindfulness, over a 6 weeks period, for one hour serving up to 50 participants, covering how to reduce stress, increase copings skills and cumulative empathy for oneself and others, learning the science behind mindfulness and building up a personal mindfulness practice, via the Family, School, and Community Partnerships Department, for the period of February 19, 2014 through April 30, 2014, in an amount not to exceed \$2,200.00.