



CENTER FOR PEACE THROUGH CULTURE

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centerforpeacethroughculture.org

MISSION

To promote peace, in thought, word and action, beginning with the individual, expanding to the community and spreading out into the world.

HUMANITIES EXPERTISE

CPC uses an interdisciplinary approach to peace by teaching *self-awareness* through science, encouraging self-expression through the arts, and enabling *self-regulation* by exploring our values and philosophy of life, thereby enhancing the expression of empathy, compassion and gratitude to others.

CPC faculty helps the teachers translate practices into age appropriate lessons and games for their students. The curriculum includes trauma informed teaching, as well as the development of a mindfulness toolkit filled with games to teach the basics of self-awareness, self-expression and self-regulation to children.

CONTACT

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HUMANITIES RESOURCES & PROJECTS

PROGRAMS

- The **LifeSchool™** teacher training program begins with a summer intensive for elementary school teachers and professionals; CPC facilitates a three-day immersive training in the foundational elements of the program at the Berkshire Community College.
- **LifeSchool™** core curriculum includes the scientific foundation of mind-body medicine, including the biology of stress and relaxation responses of the autonomic nervous system, neuroplasticity and positive psychology, discussing the implications for pedagogy.
- CPC works directly with children in after-school programs, to expand students' capacity for understanding themselves, relating to others, and feeling a sense of belonging to the community, through Taekwondo and creative classes using various art modalities.

RESOURCES

- Methods to explore personal and social paths to peace and to assist individuals, groups and communities who support these goals:
 - Community Dialogues,
 - Educational Initiatives,
 - Psychological Research
 - Promotion of Cooperative Communities.
- Practical techniques to psychological and physical well-being, including: breath work, meditation, mindfulness, yoga, building presence, relaxation methods, guided imagery, journaling, narrative writing, movement, creative drawing exercises, and nutrition.
- Throughout the year, CPC faculty work with the teachers as they integrate these practices into their life in order to help them create bonds with other teachers, building a stronger and supportive community within the school.