



# Peer-led Healing & Recovery through Mindfulness-Based Interventions

Jeremy Elkon (he/him), CPC  
Jade Park (he/they), CPC

# Agenda

1. Intro
2. Cultural Humility
3. Breath-focused Meditation - Jeremy
4. Body Scan - Jeremy
5. Loving Kindness Meditation - Jeremy
6. Tea Ceremony - Jade
7. Sound Meditation - Jade
8. Discussion and Q&A



# Intro



Jeremy and Jade are Certified Peer Counselors.  
We promote healing and recovery support through  
mindfulness-based interventions.

# Cultural Humility



Self-Reflection

Self-Critique

Biases and Limitations

Openness

Lifelong Learning

Individual Needs



# Breath-focused Meditation

Bringing awareness to breath

Allowing experience to flow

Concentration

De-Activation

Come and go



# Body Scan



Grounding

Peace

Harmony

Connect Mind, Body, and Heart

# Loving Kindness Meditation

Cultivate love, compassion, and kindness  
for Others, and for Ourselves



# Tea Ceremony



Humility

Purity

Simplicity

Harmony

Tranquility

Hospitality

Respect

Belonging

Tradition



# Sound Meditation

Inner peace

Healing

Relaxation

Clarity

Emotional well-Being

Self-awareness



# Discussion and Q&A



How was your experience?

What do you take away from this?

What would you do differently?

Any thoughts or questions?

# Thank you



Jeremy Elkon

Jade Park