

Group Membership Information

Welcome to the Coalition of Schools Educating Mindfully (COSEM)! You now have all of our professional membership benefits for one year including:

COSEM Member Benefits:

- Professional learning events led by experts on mindfulness-based SEL topics
- Monthly Online Community Circles to support personal practice and classroom approaches
- Online community platform to network, share, collaborate and join support groups
- Personal development through a variety of mindfulness fundamentals and wellness resources
- Equity-Based Conversation Series on culturally-responsive, equity, and mindful teaching
- Recordings of past events and Educating Mindfully Conference sessions
- Well-being sessions where experienced members lead yoga, mindfulness practices, and more
- [Opportunity to earn 12 PD Hours or CEUs](#)
- And more (details at educatingmindfully.org/membership)

Special Learning Opportunities:

- [Mindfulness-Based SEL Micro-credential \(30 PDHs/CEUs or 2 Graduate Credits\)](#)
- [COSEM Transformative Book Study \(8 PDHs/CEUs\)](#)

Each person needs to follow these steps to gain access to membership benefits:

1. **Click your Group's special link**
2. Create an account on our Member Site
3. Engage on our Member Site

Important Information:

- All upcoming events are listed on our [Member Site](#) and on our [Events webpage](#). Events take place on Zoom. Members must RSVP on our Member Site to gain access to the Zoom link.
- Our events are recorded. The recordings of our events are found in our [Learning Center](#) on our Member Site.
- You can access our [Member Site](#) on the top of our [website](#), or you can download the Mighty Networks app to your phone.
- When you start exploring our Member Site, [visit the Welcome Section first](#). It has directions on how to adjust your notification settings, download the app, create personal profiles, and more.
- Contact hello@educatingmindfully.org if you have any questions.