

Through the Healing Lens: Mindfulness and Meditation  
with Stuart Horowitz, LCSW

Friday April 4, 11 a.m. at JFS Office or on Zoom

Join us for a combination of a healing experience with a focus on being more mindful in our daily lives.

About the speaker:

Stuart Horowitz earned his master's degree in social work from Marywood University in 1987 and has practiced as a Licensed Clinical Social Worker from 1989 until his retirement in May 2019. He has practiced meditation and mindfulness for over 40 years.

Stuart has been an outpatient therapist, intake coordinator, case manager, crisis worker, and worked on several inpatient psychiatric units. He treated Depression, Anxiety, Post Traumatic Stress Disorder and other mental health problems during his career. Stuart has worked with children, adolescents, adults, senior citizens, individuals, and families.

Several local magazines, newspapers, and TV networks have interviewed him on mental health issues; including WFMZ after 9/11 on how to cope with stress. He is a recent author and wrote a chapter in "Social Work Careers." He has presented various workshops in the community and run groups on mindfulness and stress.

Stuart taught Social Work Courses at Marywood University, Northampton Community College, and Alvernia University. He currently teaches Sociology and Social Work courses at Northampton Community College. He has been the Vice President and past President of the Pennsylvania Chapter of the National Association of Social Workers.

Stuart is a Vice President on the Board of Directors and chairs the Clinical Committee for Jewish Family Service of the Lehigh Valley.