



FOR IMMEDIATE RELEASE

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Pennsylvania Human Relations Commission to hold meditation and mindfulness training

Harrisburg, PA- The Pennsylvania Human Relations Commission (PHRC) will hold several training sessions on meditation and mindfulness for its staff during the month of January.

“These training are extremely important for workforces such as ours, given the civil rights and human rights spaces we are in,” said Chad Dion Lassiter, MSW, Executive Director of the PHRC. “The work we do is challenging and self-care is essential to maintain work/life balance. I am grateful for the practices and techniques provided by Rachel Allen.”

There will be four sessions, one at each Regional Office and one for senior management. [Rachel Allen](#), B.A. Political Science/Sociology, will lead the training. Allen is a Certified Music Practitioner, Sound Healer, Reiki Master, Emerging Writer and Experienced Registered Yoga Teacher with a trauma informed/social justice framework.

“My hope is these trainings provide the PHRC staff with the tools they need to take care of themselves while they carry out their important but challenging work,” said Allen. My mission is to help foster healthy, joyful communities. I am happy to be able to provide my services to the PHRC.”

The PHRC is the state’s leading civil rights enforcement agency. Its mission is to promote equal opportunity for all and enforce Pennsylvania’s civil rights laws that protect people from unlawful discrimination.

The PHRC urges anyone who has experienced acts of discrimination or hate to file a complaint with the PHRC by calling 717.787.4410. Information and resources are also available at www.PHRC.pa.gov.

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