

**Sydney Reece, M.Ed.**, is an educator, case manager, mindfulness-based stress reduction teacher and meditation teacher. She works with adults and homeless youth suffering from trauma, relapse and mental health issues. Currently, Sydney works with formerly incarcerated individuals as they reenter the world. She is a highly practiced facilitator of group process, diversity and inclusion, recovery and complex trauma; trained through programs at UCLA, the University of Massachusetts's School of Medicine's Oasis Teacher Training Institute, InsightLA, Spirit Rock and Ruth King's *Mindfulness of Race* teachings. Sydney is an educator with almost 20 years-experience teaching English Language Arts and social justice advocacy both nationally and internationally.