



Frank Baird

Frank Baird is UCLA Mindful Awareness Research Center (MARC) Certified Mindfulness Facilitator. He is co-founder/co-owner of NOW House Mindful Awareness Center. He teaches meditation to corporate staff (including Amgen, Disney, Fox Entertainment, ABC Studios and more), to therapy clients at Kaiser Permanente, and to community members in a variety of settings, including group and individual instruction. He is a Mentor in UCLA MARC's Long Distance Intensive Practice Program.

Frank is a Licensed Marriage & Family Therapist and Licensed Professional Clinical Counselor. He developed and runs a Mindfulness program at Kaiser Sherman Terrace in Reseda, CA. He is Kaiser's Lead Gender Therapist for Transgender Services for the Panorama City Service Area and has been the past team leader for the Adolescent Treatment Program and Couple's Treatment Service.

He has taught graduate level therapists in training at Phillips Graduate Institute and California State University, Northridge and supervised therapists-in-training at Valley Trauma Center (a sexual assault recovery center) and Phillips Graduate Institute (in their Postmodern Therapies Program). He was founder and Clinical Director at NOW House Therapy Center. He is founder of Walk a Mile in Her Shoes® (www.walkamileinhershoes.org), The International Men's March to End Violence Against Women, an organization that facilitates 400+ world-wide Walk events each year. Frank is dedicated to helping people cultivate inner peace, live more fulfilling lives and be active contributors to their communities and the world.

Frank Baird, LMFT, LPCC provides groups, classes and workshops for mindfulness training, psychotherapy and life coaching. For more information, go to Frank's website at www.frankbaird.com. You can also contact him at frankbaird@frankbaird.com.