



6 Week Mindfulness Meditation

Mindfulness Meditation Group for Adults

Thursdays 5-6pm & 6-7pm
Groups offered every month

During these one-hour sessions, you will engage in mindfulness meditation practices, discussion, and psycho-education to learn ways to incorporate these practices into your daily life to achieve stress relief and manage the demands of others including kids, partners, and in the work environment.

Benefits of Mindfulness Meditation

- increased focus, attention & awareness
- improved ability to cope with stress and anxiety
- improved responsive listening and communication skills

What You'll Learn

- ways to manage stress and anxiety
- self-awareness & self-management skills
- how to be more thoughtful and engaged at work and home