



HECHT
TRAUMA
INSTITUTE

EDUCATION | INFORMATION | SERVICES

MINDFULNESS-BASED STRESS REDUCTION

Brought to you by:



Be Well

ORANGE COUNTY

What is Mindfulness-Based Stress Reduction?

Click [HERE](#) for more information

Education: Enjoy on-demand MBSR modules of meditations, trauma-informed yoga, and more.

Click [HERE](#) for more information

Information: Access toolkits on topics including exercises, meditations, self-help tools, stress-busters, and other training resources.

Click [HERE](#) for more information

Services: Live-virtual MBSR events to include trauma-informed yoga and Reiki healing.

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