

Stressed? Worried? Anxious? Overwhelmed?



A Summer Program for Teens

Being a teenager is stressful. It's not uncommon to feel anxious, overwhelmed, or burned out. Stress can make it difficult to concentrate, sleep, and even to connect with others in meaningful ways.

Mindfulness can help.

This 6-week program brings together Mindfulness-Based Stress Reduction for Teens (MBSR-T) with social engagement. MBSR-T is an evidence-based program designed to give teens real-life tools for managing stress and living life more fully.

Program Content Includes:

- ▶ Mindfulness & Meditation
- ▶ Social Engagement
- ▶ Projects that Inspire
- ▶ Skills that Sustain & Nourish
- ▶ A Safe Space to be Heard

When: Thursdays, July 6 - August 10, 2017

Where: Open Sky Retreat Space
Sebastopol, CA

Time: 10:30 am - 12:30 pm

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