

Mindfulness for Teens



Class dates:

September 21, 28, & October 5, 2021. 7:00-7:45 pm (for girls only)

Instructor:

Jennifer Rich, Marriage & Family Therapist

Mindfulness is the practice of focusing one's awareness on the present moment, while noting and accepting your feelings, thoughts and physical sensations. This group will provide students with a supportive environment for them to be mindful. They will practice meditation, work on their communication and listening skills, and learn how to handle situations that make them feel stressed and/or angry. The sessions will help them focus on their identities, and to recognize their own strengths and flaws. Most importantly, the group will encourage the teens to better assess what is good in their lives.

Facilitated by a Center for Developing Minds therapist, the group will meet online via Zoom and participants will be sent a class journal in advance to their home. The class size is limited to provide participants (ages 13-19 years old) with personalized attention. Fee for the three sessions is \$300, please register in advance.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853

www.devminds.com

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