

MINDFULNESS FOR TEENS PROGRAM

Do you have a teen who is stressed?
Struggling with the pressures of teen life?
Feels anxious, distracted, or overwhelmed?



Improve Focus, Manage Stress, and Chill Out!

The Mindfulness-Based Stress Reduction for Teens Program will help teens 14-19 years of age learn simple yet effective mindfulness practices.

During the 8-week course, teens will use the techniques of mindfulness to intentionally focus awareness and observations of their own emotions and behaviors from moment to moment.

When inspiring awareness through mindfulness, we transform. Everything changes. Instead of reacting mindlessly we respond mind-fully. Instead of revolting with aggression, we evolve to discern behavior and to choose nonviolence. Instead of feeling disconnected or helpless, we find everything we do reflects the connection of our personal lives to all others.

The objective of practicing mindfulness is to develop and strengthen one's ability to pay attention, and to be aware of the consequence of one's feelings and behavior.

WHAT IS MINDFULNESS?

Mindfulness is noticing your thoughts, feelings, and physical sensations in the present moment without judgment.

***Sessions Begin:
Wednesday, March 16th
from 5:00PM - 6:30PM***

***Program cost is \$625
Includes:
8 weekly hour and a half
sessions, Course Manual &
Audio CD***

***Class Location:
Center for Developing Minds
15951 Los Gatos Blvd., Suite 6
Los Gatos, CA 95032***

ABOUT THE COURSE INSTRUCTOR

Gina Biegel MA, LMFT is a therapist for the Center for Developing Minds and is also the creator of the Mindfulness-Based Stress Reduction for Teens Program.



To register for this program, please contact the Center for Developing Minds
by phone 408.358.1853

www.devmonds.com

www.stressedteens.com

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