

RESTORING CALM

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BY: MOLLY NEPOTE, MA

If you want to have more balance, reduce anxiety and stress, cope with pain and depression, or learn how to be more present in life this may be just for you!



What Will We Work On?

The program will be based off of Sharon Salzberg's 28-day program "Real Happiness The Power of Meditation". Individuals will learn about meditation and cultivating lovingkindness

What Will This Cost?

Cost is \$15 per session. If pre-paid, the cost will be a total of \$60 (a savings of \$25). Financial assistance is available if need be.

How Do I Register?

Please contact Minnesota Counseling and Therapy Center by phone or email to register. SPACE IS LIMITED!

This group is designed to meet six times every other Saturday over the course of three months. The adult group will meet from 9:00-10:30am and adolescents will meet from 11:00-12:30pm. Each session will apply different practices of meditation and mindfulness to help restore calm. Individuals will learn how to become more present, utilizing this skills in their everyday lives.