

Touchstone Family Association



Mindfulness Based Stress  
Reduction for Teens

6 Weekly Sessions: Starting May 04, 2023  
Thursdays 4-5:30 pm

Group Location: FOUNDRY Richmond  
5811 Cooney Rd - Unit 101 .

How do I sign up? Contact Kristine  
([krobles@touchfam.ca](mailto:krobles@touchfam.ca)) to be added to the list.

*For more information please contact:*

*Kristine —Direct Line: 604.207-5042*

*Email: [krobles@touchfam.ca](mailto:krobles@touchfam.ca)*

*Lisa—Direct Line: 604-207-5033*

*Email: [lward@touchfam.ca](mailto:lward@touchfam.ca)*

*To learn more about the program please visit  
[www.touchfam.ca](http://www.touchfam.ca)*



Do you often feel stressed, anxious, angry, or overwhelmed?

Breaking BARRIers is a mindfulness based stress reduction group aimed to help adolescents (13-19 years) cope and manage their emotions.

This is an 8 week program that helps you learn about how your stress manifests and contributes to unhealthy thoughts, emotions and behavior patterns.

In this group you will learn techniques from both Cognitive Behavioural Therapy and Mindfulness to help you gain awareness of your thoughts and emotions, and learn how to choose your behaviours in the present moment.

Other tools you will learn include grounding, visualizations, emotion regulation and self-care.

**B—BREATHE  
A—ANCHOR  
R—RELAX  
R—RECONNECT**