

Touchstone Family Association



Mindfulness Based Stress  
Reduction for Teens

8 Weekly Sessions:  
Starting October 25, 2022.  
Tuesdays 3:45-5:45 pm

Group Location:  
Touchstone Family Association, 3031 Viking Way.

How do I sign up?  
Contact Kelly (see below) to be added to the list.

**Group Facilitators – Kelly Gault & Lisa Ward**

**Certified MBSR-T Instructors**

**For more information please contact:**

**Kelly—Direct Line: 604.207.5024**

**Email: [kgault@touchfam.ca](mailto:kgault@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 for teens. The group will support teens 13-19 years of age to learn effective coping skills and mindfulness strategies to manage their stress. Breaking BARRIers is an 8 week group that helps you learn about your areas of stress and how your thoughts, emotions and behaviours contribute to your anxiety. You will learn techniques from Cognitive Behaviour Therapy and mindfulness to gain awareness of your thoughts and emotions and learn how to choose your behaviours in the present moment. Other tools you will gain include grounding techniques, mindfulness visualizations, emotion regulation and self-care.

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