



STRESSED TEENS

Are you feeling overwhelmed, anxious or stressed-out? The MBSR-T (Mindfulness-Based Stress Reduction for Teens) program will help teens 13-18 years of age learn simple, yet effective coping skills and mindfulness practices. In this 8 week class you will learn about stress and anxiety and the role our thoughts, emotions, and behaviours have. You will use the techniques of CBT and mindfulness to intentionally focus awareness and observations of your own emotions and behaviours from moment to moment. You will develop a set of tools you can use in stressful situations, learn meditation, improve concentration and creativity, learn emotional regulation techniques, and take time out for you without feeling selfish.

8 SESSIONS: Sessions will start the week of **April 6, 2021.**

Tuesdays, 3:30-5 pm.

CLASS LOCATION: ZOOM Online Format

HOW DO I SIGN UP? Contact Lisa or Kelly (see below) to add yourself to the list.

WHAT IS MINDFULNESS?

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

For more information please contact:

Group Facilitators – Lisa Ward & Kelly Gault

Certified MBSR-T Instructors

Direct Line: 604.207.5033 or 604.207.5024

Email: lward@touchfam.ca or kgault@touchfam.ca

To learn more about the program please visit www.touchfam.ca or www.stressedteens.com

