

Breaking BARRIERS

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

Breaking BARRIERS is a mindfulness-based stress reduction group for teens 13-19 years of age.

Each week, members learn more about stress (e.g., its impact on our thoughts, emotions and behaviors) and add new skills and strategies to their stress-management toolkit (e.g., coping with stress and fostering calmness in everyday life).

**What type of skills and strategies will you
learn?**

You'll learn an abundance of techniques that you can use in all areas of life, such as grounding exercises, guided mindfulness practices, visualizations, emotional regulation and self-care and sleep.

Date, Time, Location

Dates: April 2025 - Specific dates TBD.

Length: 8 weekly sessions

Time: 4:00pm-6:00pm

Location: Touchstone Family Association
3031 Viking Way, Suite 210, Richmond



TO REGISTER, PLEASE CONTACT:

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