



## Touchstone Family Association

3031 Viking Way, Suite 210, Richmond, BC V6V 1W1  
Phone: 604-279-5599; Web: www.touchfam.ca



*breathe. anchor. relax. reconnect.*

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

**Breaking BARRIERS** is a mindfulness-based stress reduction group for teens (MBSR-T).

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

### What types 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.

### Date, Time, Location

**Length:** 8-weekly sessions

**Dates:** March 2024  
specific dates TBD.

**Time:** 4:30pm - 6:30pm

**Location:** Touchstone  
Family Association

### Contact one of our facilitators to sign-up

**Meghan Hodgson**  
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