



STRESS LESS! A MINDFULNESS-BASED STRESS REDUCTION GROUP

It's a high stress and demanding life for teens today!

MBSR-T is an educational and experiential evidence-based program that helps teens learn to shift their thinking from an impulsive reaction to stress to a more helpful and mindful response. Teens can have difficulties in some key areas: perceptions and appraisals of stress, emotion-regulation, meta-cognitions, feelings of being out of or lacking control, attachment or pushing away pain and suffering and attention and focus. The skills learned in this group guide them when they feel emotionally overwhelmed, anxious, stressed and depressed to face challenges through the lens of mindfulness. The MBSR-T program has the potential to shift and improve these areas in a teen's life and as a natural outcome improve one's quality of living.

Fall 2019 Registration

Grades: 6-8 **Day:** Thursday **Date:** 10/3- 11/21 **Time:** 6:15-7:30pm
Weeks: 8 **Fee:** \$30R/\$85NR **Location:** Gurnee Teen Center, 17801 W. Washington St., Gurnee, IL (corner of Washington and Almond)

*Register online at: www.wtyouthserices.com

NEW PROGRAM!

**Groups for Middle
School and High
School Youth**

**You Don't Want To
Miss This!**

**For more information
please contact Cindy
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847-244-1101 ext *409**

**WARREN TOWNSHIP
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