



# FREE GROUP ON **MINDFULNESS**

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**DATES : TUESDAYS 4/23, 4/30, 5/14, 5/21**

**TIME : 330-430PM**

LOCATION: MCBH GROUP ROOM  
425 OLD MAMMOTH ROAD, 3<sup>RD</sup> FLOOR

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## **Description:**

**This is a free 4-week group about Mindfulness.**

We will explore:

- the basics of mindfulness
- learn simple techniques to decrease your stress while increasing your confidence
- have open discussions on when mindfulness is best utilized

FOR MORE INFORMATION CONTACT: RACHEL GALLOWAY ~ 760.924.1740

**A SERVICE OF MONO COUNTY BEHAVIORAL HEALTH AND PROPOSITION 63**