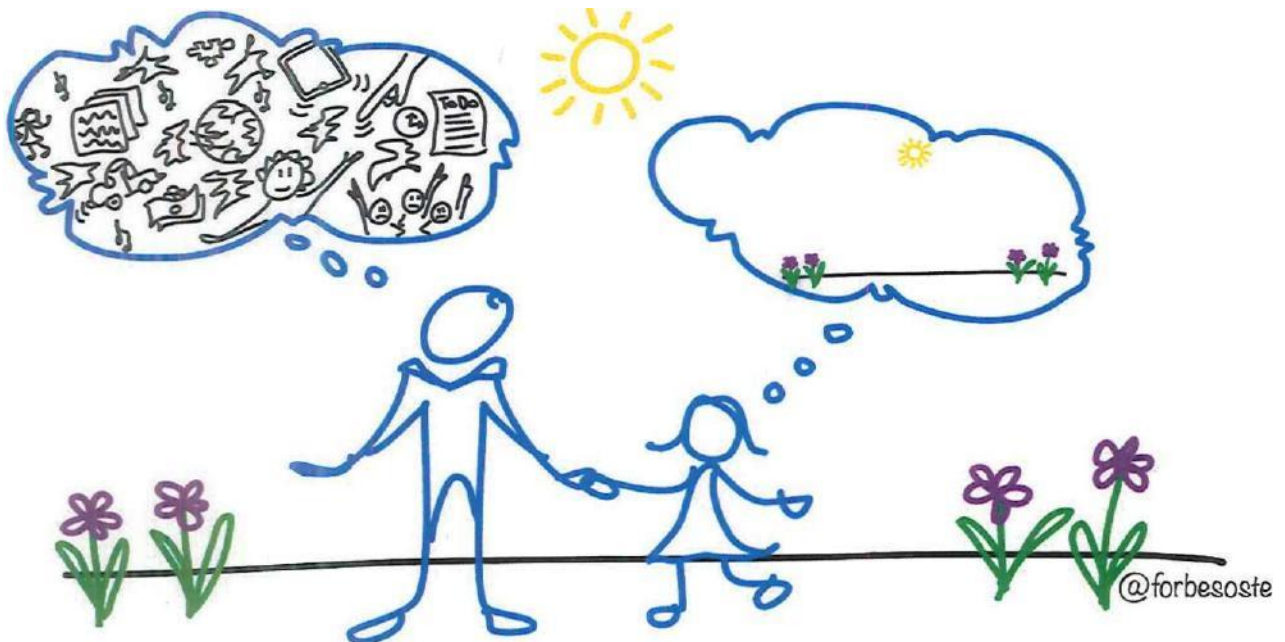


# Mindfulness-Based Stress Reduction (MBSR) Therapy Group

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Stress & Anxiety Reduction through Present Moment  
Awareness & Mindfulness Techniques

## Mind Full, or Mindful?



Start Date: Thursday, October 3, 2019

Duration: 12-Week Course

Time: 2:00 PM-3:30 PM

Location: 1450 Main Street, Weaverville

Ask your provider for group referral, or contact Kelley @ 530-623-1362

Must be an open client of TCBHS with current Medi-Cal Insurance