

# Mindfulness & Self-Compassion Group

Tuesday Evenings from 5:30-7pm  
\$30 per class (cash or check)  
No advance reservation required

Location is right around the corner from BTA @ Awaken to Wellness  
1704 Moon NE – Suite 10  
Albuquerque, NM 87112

- Join Liza Mermelstein & Rae Littlewood, psychologists at Behavior Therapy Associates, to learn about the benefits and practice of mindfulness
- Mindfulness is an empirically supported approach to enhance well-being, reduce stress, and better handle difficult thoughts, emotions, and situations
- Each session will focus on a different topic, teach specific practices, examine the research to support the use of the practices, and discuss how to extend the skills to your day to day life
- Drop-in's welcome, you do not need to attend or commit to the entire series.

## Upcoming Topics for 2017 & 2018:

- November 14<sup>th</sup>: Mindfulness & Self-Compassion in Daily Life
- November 28<sup>th</sup>: Mindfulness for Disentangling from Challenging Thoughts
- December 12<sup>th</sup>: "Home for the Holidays" – Loving-Kindness Practices for Managing Holiday Stress & Family Relationships
- January 9<sup>th</sup>: Reflecting Back to Move Forward – A Mindful Review of 2017
- January 23<sup>rd</sup>: Mindfulness & Self-Compassion for Approaching Difficult Emotions

*Check out our website [behaviortherapy.com](http://behaviortherapy.com) for additional groups and future topics!*

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