

Mindfulness Skills and Practice Group

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

Location:
Behavior Therapy Associates
9426 Indian School Rd NE, Suite 1
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 14th: Mindfulness in Daily Life
- November 28th: Mindfulness for Disentangling from Challenging Thoughts
- December 12th: "Home for the Holidays" – Mindfulness for Holiday Stress & Family Relationships
- January 9th: Reflecting Back to Move Forward – A Mindful Review of 2017
- January 23rd: Mindfulness for Approaching Difficult Emotions

Check out our website behaviortherapy.com for additional groups and future topics!

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