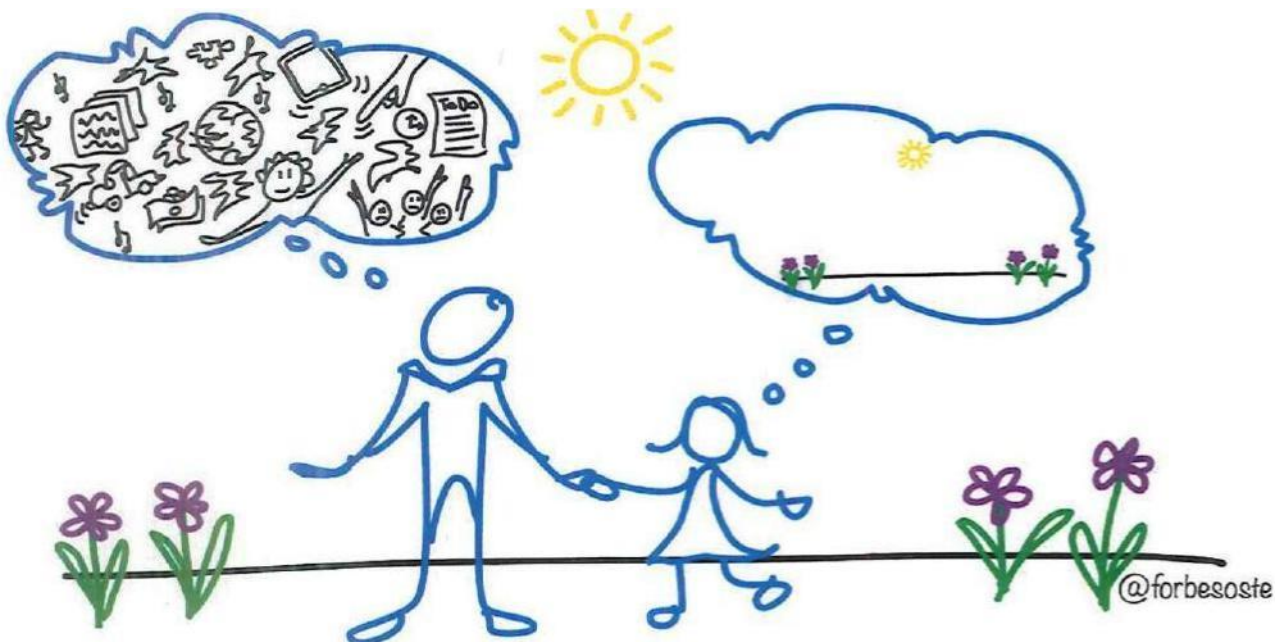


Mindfulness-Based Stress Reduction (MBSR) Support Group

Stress & Anxiety Reduction through Present Moment
Awareness & Mindfulness Techniques

Mind Full, or Mindful?



Start Date: Thursday, February 13, 2020

Duration: Open

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