Mindfulness for Teens

A fun and supportive group to practice skills that help understand and manage stress.

We can't always choose what happens in life, but we can choose how we relate to it. Using mindfulness techniques, teens will practice being aware of their body, emotions, and thoughts with a friendly, accepting attention that supports wise responses in daily living. This is not group therapy or a social skills class. Participation requires the ability to manage group settings and peer interactions.

Class Session Details

Wednesdays, 6:00 - 7:30 pm
April 11, 18, 25, May 2*, 9, 16, 23, 2018

* extended class on Wednesday, May 2, 4:00 - 9:00 pm

Mindfulness practice can help with

- challenges and stressors involved with family, school, and relationships
- focus and concentration
- headaches, sleep disruption, pain, digestive upset, and anxiety
- general well-being

Questions? Call the Mindfulness Program at: (608) 265-8325

More information and registration materials available at our website:

www.uwhealth.org/mindfulness