



HOSTED BY
MIDWEST ASIAN HEALTH ASSOCIATION
COMMUNITY MENTAL HEALTH CLINIC

PROVIDED BY
PROFESSIONAL MENTAL HEALTH COUNSELOR

MINDFULNESS

SKILLS TO HELP YOU MANAGE STRESS AND LIVE IN THE MOMENT

Have you heard of mindfulness? Mindfulness is a skill developed through meditation and other spiritual training. In doing mindfulness, we emphasize conscious awareness, focusing on the present moment, and not judging our thoughts. In facing stress, our thoughts may recall the past or worry about the future, and mindfulness can help us focus on the present moment without being affected by those emotions.

Friday, December 18, 2020
4:00pm-4:50pm (CST)



Please register at
<https://forms.gle/S9S7Cvty1zQYzJ4Z8>

Contact: Ailin Chang, MA, Project Coordinator
Email: ailinchang@maha-us.org. Tel: (312) 285-2326

Sponsorship:

