MINDFUL ALLIANCE THERAPY GROUP

WHAT IS THE FOCUS OF THE GROUP?

Mindful Alliance is a group designed to support individuals in regaining control of their anxiety, depression, mood dependent behaviors, and unhelpful thoughts through mindfulness practices. Learn what it means to be mindful, and change your relationship with your emotions to enhance your sense of presence and empowerment in life.

TOPICS COVERED:

- Learn about the skill of being mindful
- Improve tolerance to daily stressors
- Regain present-oriented focus

WHO IS ELIGIBLE?

- Open to everyone, Generations' patients and non-patients
- 18+ years old

WHEN:

Thursdays 3:00 - 4:00 pm

Note: Flexible Enrollment! This ongoing therapy group is open for new members anytime. Call to register.

WHERE:

Generations Family Health Center
40 Mansfield Avenue • Willimantic

COST/PAYMENT:

We accept Medicare, Medicaid, most private insurance plans, and patients without insurance. Contact your insurance company to confirm coverage, or call our office to discuss your options. If you're uninsured or need financial assistance, ask about our Sliding Fee Scale program to see if you qualify for a reduced rate. Rates are available upon request and can be provided before registration.

TO LEARN MORE/REGISTER:

Emma Milikowski, LPCA - emilikowski@genhealth.org
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(860) 450-0585

SITES: DANIELSON. NORWICH. PUTNAM. WILLIMANTIC
SCHOOL BASED HEALTH CENTER: PUTNAM
MOBILE HEALTH UNIT

GENERATIONS
FAMILY HEALTH CENTER

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