

Mindfulness-Based Stress Reduction



MBSR-T THIS WINTER at Discovery Counseling Center

MIDDLE SCHOOL

Led by Kiara Curzi from 4 to 5:30 p.m.

HIGH SCHOOL

Led by Colleen Millen from 6 to 7:30 p.m.

Six Wednesdays ~ Feb. 21, 28 & March 7, 14, 21, 28

On March 28, parents join teens for the last half hour to review the course and learn key mindfulness concepts!

Is your teen stressed out? Then this 6-class series might be for your teenager! Through Mindfulness-Based Stress Reduction for Teens (MBSR-T) your teen will learn ...

- To identify how one experiences stress, both emotionally and physically, and how to dial down those responses.
- To apply what is learned to de-stress in school, social situations and at home.
- How to deal with situations such as social media and homework through mindful group discussions.
- Mindfulness practices that are adapted especially for teens.



Your facilitators ...

Colleen Millen is a MFT Registered Intern (#IMF85511) and certified MBSR-T facilitator who has been working and studying in the field of mindfulness and yoga for more than 20 years. She graduated from JFK University with a master's in Counseling Psychology specializing in somatic psychology. Colleen works with kids, teens and adults at Discovery. colleen@discoveryctr.net



Kiara Curzi is a Licensed Marriage and Family Therapist (#100629) and certified MBSR-T facilitator who works with kids, teens, and families in individual and group therapy. She has a background in mindfulness and Cognitive Behavioral Therapy and integrates somatic practices such as yoga into therapy. Kiara earned a masters degree in Counseling Psychology from Santa Clara University and has worked at Discovery since 2013. kiara@discoveryctr.net



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For more information on Stressed
Teens and MBSR-T created by
Northern Cal's Gina Biegel, LMFT,
please visit ...
www.stressedteens.com

Cost*: \$135

**Contact colleen@discoveryctr.net, 925-837-0505 x 418, to register your HIGH-SCHOOLER.
Contact kiara@discoveryctr.net, 925-837-0505 x312, to register your MIDDLE-SCHOOLER.**

****Financial assistance available. After second class, there are no refunds. Cost of class series includes workbook.
Call or email to schedule a phone meeting to see if this program is right for your teen.***