



# MINDFULNESS-BASED STRESS REDUCTION WOMEN'S GROUP

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**DATE: BEGINS MONDAY SEPTEMBER 10, 2018**

**TIME: MONDAYS 9-10:30 A.M.**

TESSA

435 GOLD PASS HEIGHTS

COLORADO SPRINGS, CO 80906

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This group is focused on providing group members with mindfulness skills to help cope with stress. The class will consist of coping skills for stress, meditation, relaxation, stretches, breathing techniques, etc.



*Safe place. Safe families. Safe future.*

FOR MORE INFORMATION CONTACT: TESSA CLINICAL DEPARTMENT – 719-633-1462