

# Mindfulness Group



This support group addresses various issues related to stress, anxiety, and depression. The mindfulness group was created to provide practical skills that allow individuals to cope with stress and factors out of their control. The group teaches mindfulness techniques that can be used daily. All participants are welcome to share the tools they use and provide feedback on what has or has not worked.

**When: Every Wednesday  
from 4:00pm to 5:00pm.**

**Where: Zoom**

**Therapist: Tessa Moore  
LCSW-A LCAS-A**

## To Register:

 Call: 1-877-WELL-ALL

\*\*\* Call for an  
appointment to start  
the group referral  
process \*\*\*



Scan the QR code or call  
1-877-935-5255 to learn  
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Health Therapy Groups

