

Mindfulness Based **Stress Reduction** *for* Teens

Life as a teenager can be stressful.
Let us help.

Mindfulness-Based Stress Reduction-Teens (MBSR-T) teaches skills and strategies that encourage positive self-care. Join us for this **FREE 7-week course** of 1½-hour weekly group sessions.

Benefits of MBSR-T:

- Improved coping skills
- Decreased stress
- Improved overall mental and physical health
- Increased sense of self control

February 26 - April 9 (Grades 7-9)

April 30 - June 11 (Grades 10-12)

Tuesdays from **4:30-6 p.m.**

Learn more at the **MBSR** information night (Parent & Youth)
February 12, 5:30 – 6 PM, Bath Skate Park

Hosted by **Midcoast Community Alliance**

Bath Skate Park, 4 Old Brunswick Road, Bath

To register or for more information call **(207) 373-6585**
or visit **www.midcoasthealth.com/wellness/mindfulness**.



MID COAST *Center for*

Community Health & Wellness

WWW.MIDCOASTHEALTH.COM/WELLNESS