



**Innovative Counseling Partners is pleased to offer...**

**“Every Day Mindfulness”  
Youth Group Training Program  
Ages 14 – 18**

*Learn mindfulness practices that will benefit you at home, school, and other social environments*



**Program Dates/ Times: Thursdays for 6 weeks, Beginning January 25, 2018 from 3:30 pm to 5:00pm**

**Location:** 715 Lake Street, Room 700, Oak Park

**Cost: \$320**, or check with your insurance provider for behavioral health group training coverage

**To Register**, or make a referral, call 773-312-3612

**Trained behavioral health therapists educated in the proprietary mindfulness training protocol will help you**

- *Decrease your Anxiety and Stress*
- *Improve your social skills and relationship building*
- *Build your self-esteem and confidence*
- *Enhance your focus, memory, and concentration*
- *Feel more alive in everyday life*

*Learn how to utilize mindfulness to tame the noise in your head.*

**Gain more controlled reactions to yourself, others, and life situations.**

**Find out how to reduce stressors that drain your energy and can lead to illness.**



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