

# Mindfulness Group

Adult Counseling Group for Managing Anxiety  
and Stress

**THURSDAY EVENINGS  
FROM 6:00 - 7:30 PM**

**INNOVATIVE COUNSELING PARTNERS  
15 SPINNING WHEEL RD STE 406, HINSDALE, IL  
ROOM 6**

EACH SESSION WILL PROVIDE A SAFE SPACE TO DIVE INTO WHAT IT MEANS TO BE MINDFUL, ESPECIALLY IN OUR MODERN SOCIETY. THE GROUP WILL LEARN AND TALK ABOUT CONCEPTS LIKE MINDFULNESS, ANXIETY, DEFUSION, AND ACCEPTANCE. BY THE END OF THE OUR TIME TOGETHER, MEMBERS WILL WALK AWAY WITH MULTIPLE MINDFULNESS EXERCISES AND TOOLS TO MANAGE STRESS AND ANXIETY, AS WELL AS A NEW PERSPECTIVE ON EVERYDAY LIFE.

**TO SIGN UP CALL  
773-312-3612**

**WITH QUESTIONS CONTACT:**

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