

Learning to BREATHE[®]

Mindfulness training for teens (13-17)



Come explore mindfulness practice as a creative approach for managing stress



This is an educational group, NOT a therapy group.

Being a teen is stressful! Whether it's school, friends, or dating, the teen years are full of difficult changes—mentally, emotionally, socially, and physically. If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren't alone, and there are things you can do to help yourself, no matter how stressful life becomes.

The Learning to Breathe class will help to:

- Increase stress management skills
- Reduce symptoms of anxiety and depression
- Help regulate difficult emotions
- Strengthen attention
- Cultivate gratitude and compassion



Location: Davis Mindfulness Center—476 Heritage Park Blvd, Layton, Suite 120

Start Date: Tuesday, Sep. 24—Oct. 29 from 4:30—5:45pm (Teens 13—17)
Wednesday, Sep. 25—Oct. 30 from 4:30—5:45pm (Young Adults 18-21)

Cost: \$50 (limited number of scholarships available)

To Register: davismindfulness.org. Or, contact Angie Smith 801-773-7060 ext. 502