

MINDFULNESS-BASED STRESS REDUCTION

RETREAT FOR TEENS “A RETREAT TO CHILL AND BE YOURSELF”

In this 4-hour Mindfulness-Based Stress Reduction (MBSR) retreat you will learn skills to pay attention to your breath, body, thoughts, feelings and the world around you. MBSR can improve your life at school, home and with friends by helping you choose what you say and do with grace and wisdom. It is particularly helpful with increasing focus, joy and reducing anxiety and stress.

Over 25 years of research has proven that Mindfulness is effective and positively changes the brain. This retreat is a place where you can chill and be yourself while learning research-based mindfulness skills, concepts and practices to help you be resilient and cope better with everyday life challenges.

To Bring: Pillow, journal and sack lunch.



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FIND FOCUS, EASE STRESS
FACE CHALLENGES, LIVE HAPPIER
IMPROVE RELATIONSHIPS

REGISTRATION DETAILS



When: Saturday, May 11th 2019
1-4pm



For questions or to enroll, contact:
Erin Driskill, LCSW | 503-208-3101
or register @www.choosewellbeing.org

Cost: \$75/Retreat for 1 or \$125 with
a friend. Most insurance accepted.



Choose Well-Being Psychology Education
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