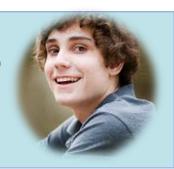
## Learning to BREATHE®





## Come explore mindfulness practice as a creative approach for managing stress



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.

This is an educational group,

NOT a therapy group.

## 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** 

Classes are taught all year long. For a current listing of classes click on the register button on the website.

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

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