



The Snow Psychology Group

WWW.SNOWPSYCH.COM



Everyday Mindfulness Skills Group

Where: The Snow Psychology Group, LLC
6274 Montrose Rd
Rockville, MD 20852

When: 10-week series, Wednesdays from 12 – 1 PM

Who: Adults who may be feeling overwhelmed or stressed and would like to learn skills to feel better and cope more effectively. The group is led by Dr. Tamara Levin, an experienced licensed psychologist. Individual intake session required prior to joining the group.

Cost: \$60 per weekly session. May be reimbursed by insurance plans through out-of-network benefits. Credit cards accepted.

What you will gain from participation:

- Learn to pay attention to what is happening in your life and take better care of yourself
- Increase feelings of resilience, balance, and wellness
- Become more fully present in the moment without worrying so much about the future or dwelling on the past
- Reduce struggling with difficult experiences by learning to be less judgmental and more accepting
- Learn skills to incorporate mindfulness practice into everyday life
- Practice new skills in group and get feedback from others

To sign up or for more information:

Contact Dr. Tamara Levin at (240) 676-4206 x702 or drlevin@snowpsych.com