



The Snow Psychology Group

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Free Wellness Workshop: **Join Us For An Introductory Mindfulness Skills Workshop**

Where: Online - ZOOM link will be provided when registration is confirmed.

When: Wednesday, January 27th, 12–1pm

Who: Adults who may be feeling overwhelmed or stressed and would like to learn skills to feel better and cope more effectively. The workshop is open to the community and led by Dr. Tamara Levin, an experienced licensed psychologist with advanced training in mindfulness.

Cost: Free! RSVP is required to reserve your seat.

What you will gain from participation:

- Learn more about Mindfulness
- Become more fully present in the moment without worrying so much about the future or dwelling on the past
- Reduce struggles with difficult experiences by learning to be less judgmental and more accepting
- Learn and practice a few simple mindfulness techniques that you can use right away in your everyday life!

To RSVP or for more information:

Call (240) 676-4206 x700 or email to: info@snowpsych.com