



# The Snow Psychology Group

WWW.SNOWPSYCH.COM



## Everyday Mindfulness Skills Group

**Where:** ONLINE via Telehealth during Coronavirus Safety Restrictions

When safe to return to in-person sessions:

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

**When:** 12-week series, Wednesdays from 12 – 1:15 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:** \$100 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](mailto:drlevin@snowpsych.com)