

Everyday Mindfulness Skills Group

For adults feeling overwhelmed or stressed who would like to learn skills to cope more effectively and be present in the moment



What will I learn?



Increase feelings of resilience, balance, and wellness



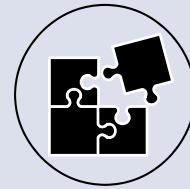
Become more fully present in the moment and decrease worry about the future and regrets of the past



Develop intentional awareness and enhance self-care



Increase acceptance and non-judgmental mindset to decrease struggles



Incorporate mindfulness practice into everyday life



Practice new skills in group and get support from others

FAQs

- ✓ How do I sign up? Contact (240) 676-4206 x1 or info@snowpsych.com
- ✓ Where? **IN-PERSON** at our Rockville office
- ✓ Who leads the group? **Dr. Tamara Levin, Licensed Psychologist**
- ✓ When does group meet? **12-week series, Tuesdays, 12:00-1:15 pm**



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