

Learning to BREATHE[®]

Mindfulness training for teens (ages 13-17)



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 **6-week class** will focus on the following areas of mindfulness training:

- B** — Learn to listen to your Body
- R** — Reflections (thoughts) are just thoughts
- E** — Surf the waves of your Emotions
- A** — Attend to the body, thoughts, and feelings
- T** — Tenderness, take it as it is. Learn to be kind to yourself
- H** — Practice Healthy Habits of mind

Location: Davis Behavioral Health
934 S. Main St. Please enter in through the Children and Youth Clinic.

Time: 5:00pm—6:00pm

**REGISTRATION
REQUIRED**

Start Date: Thursday, January 3
Thursday, January 24th starts at 6:15pm
Thursday, February 21



To Register: dbhprevention.org/learningtobreathe OR

This is an educational group,
NOT a therapy group.