

Wildflower Center for Emotional Health invites you to join

Virtual Mindful Coping Group

Date/Time: Tuesdays, 4 p.m.-5 p.m.

Facilitator: Reyna Schwartz, PsyD

Cost: \$35 per group

This is a video-based group offered via secure teletherapy platform



Are you struggling with stress, low mood or anxiety? Do you feel overwhelmed? Is it difficult to be present? This group may be for you.

The group's focus will be on learning and implementing Acceptance and Commitment Therapy skills and mindfulness practices. You will acquire new strategies to help you mindfully cope with the pandemic and alleviate distress.

For more information or to register for the group, please contact our Intake Manager Natalie Breitmeyer, LPC at 312.809.0298 nbreitmeyer@wildflowerllc.com

