

MINDFULNESS FOR ANXIETY: A FREE CLASS FOR LATINX TEENS



Learn mindfulness skills that can
help calm the mind and body.

Regain control over your response to stress.

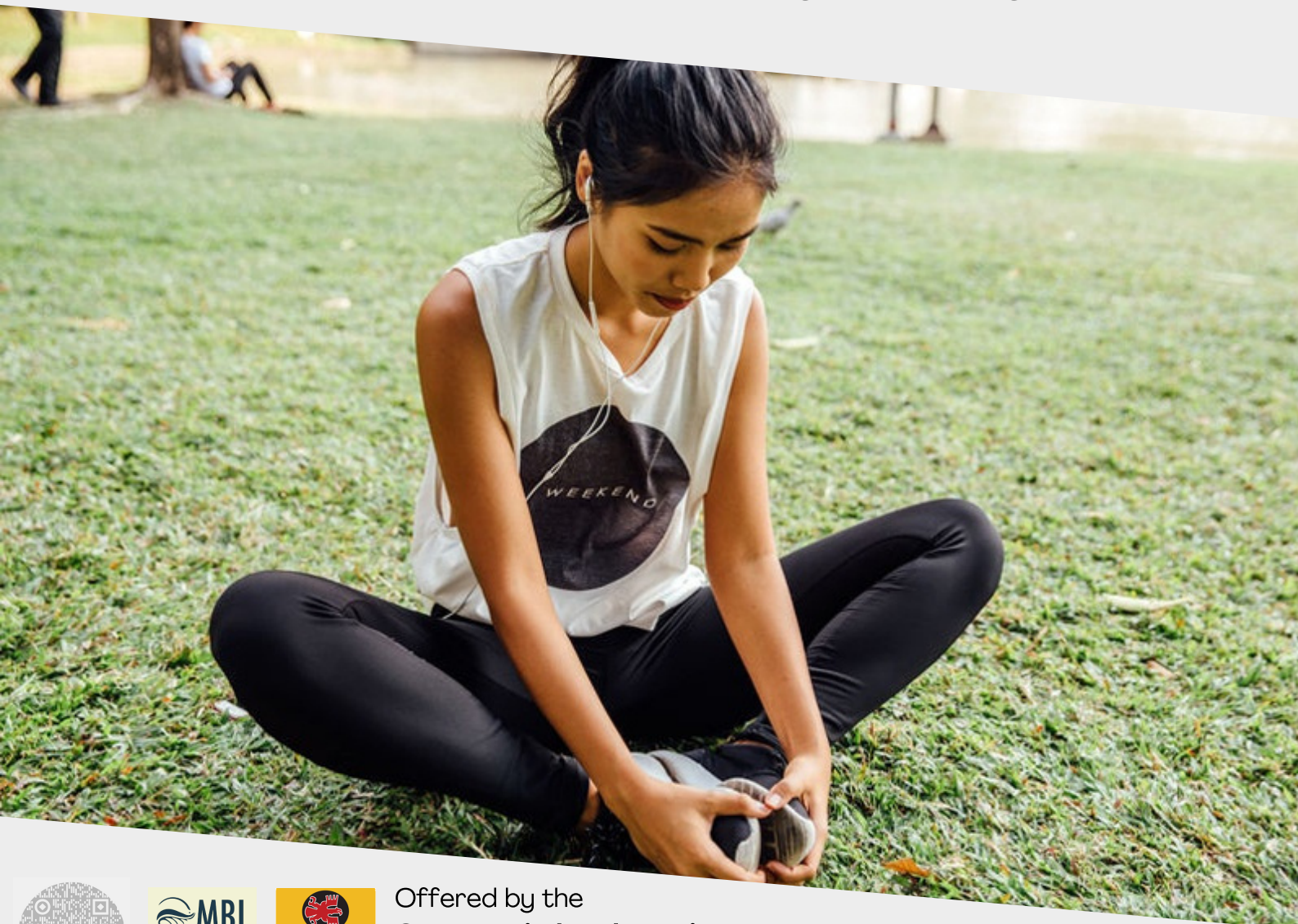
Free Online Class
For ages 13-17

Tuesdays at 4pm
Oct. 20th - Nov. 24th

INTERESTED?

Brief Screening Required

Call Dr. Shin Shin Tang, Licensed Psychologist
at (458) 207-0513 or shinshin@oregonmindful.org



Offered by the
Oregon Mind Body Institute
in collaboration with **Centro Latino Americano**