MINDFULNESS FOR ANXIETY: A FREE CLASS FOR TEENS

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

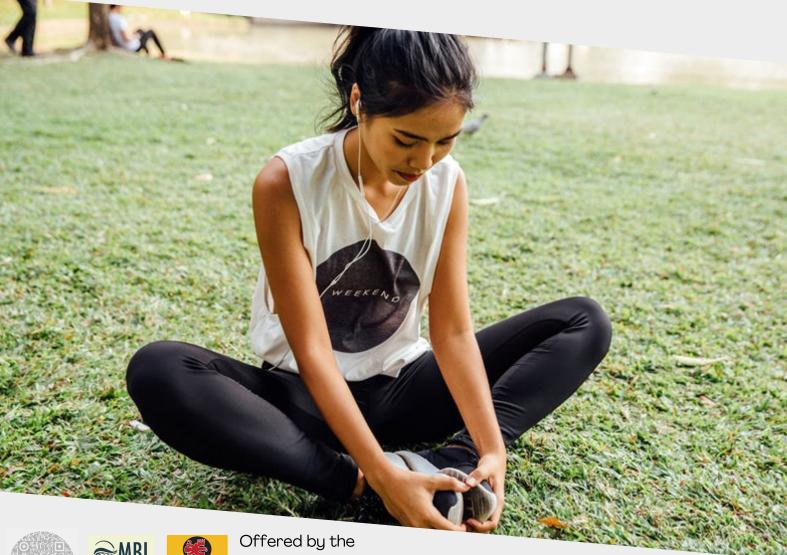
Regain control over your response to stress.

Free, Online 6 Class Series **For ages 13-17**

Tuesdays at 4:30 pm January 26th - March 2nd

INTERESTED?

Brief Screening Required Call Claire Guidinger, M.A., M.S., at (541) 283-3035 or calm@oregonmindful.org







Oregon Mind Body Institute in collaboration with Centro Latino Americano