

MINDFULNESS GROUP FOR ADULTS

The Mindfulness group is for individuals who wish to learn more about mindfulness and how to incorporate it into daily living.

Sessions focus on:

- Mindfulness
- Meditation exercises
- Promoting higher levels of wellness, stability and quality of life

Join at any time. This group is **10 sessions** long and each session is **one hour** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

*We are currently offering this group for individuals with an SPMI Diagnosis.

Facilitator: Jeff Hoffman, MA

For more information, call our intake line at 763-780-3036.

10 WEEK
COMMITMENT

STARTS SOON!

CALL NOW TO
SIGN UP
763-780-3036

LOCATION:
BRIDGEVIEW
7920 UNIVERSITY AVE NE,
FRIDLEY, MN 55432

SLIDING FEE
AVAILABLE



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

7954 University Avenue NE Fridley, MN 55432
www.leecarlsoncenter.org | 763-780-3036

BV, SPMI