



MINDFULNESS GROUP

Learning to Live in the Present Moment

Do you struggle with depression? Anxiety? Chronic pain? Stress? Lack of well-being or even those nagging self-judgments?

Mindfulness is a powerful, research-based skill that can help us better manage life's challenges by reducing symptoms, learning to cope

with what we cannot change, and increasing positive emotions.

Mindfulness is about taking ourselves off of the "auto-pilot" mode we so frequently get caught up in and deepen our awareness and acceptance to this Now moment.

Where:

Western Psychological
1500 NW Bethany Blvd,
Suite 320
Beaverton, OR 97006

Time: Thurs. evenings from
6-7pm

When: 8 weeks starting
March 10/May 5

With: Alex Bloom, Psy.D.

Call: 503-567-3260 to

schedule an intake or speak
with your primary therapist.

Most insurances accepted.
If you wish to pay cash as
opposed to insurance, the
rate is \$40/session.

www.westernpsych.com