

MINDFUL CONNECTIONS



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Group Info

Mindful Connection groups meet after school/work hours and are formed by age and presenting issues. Please see below for group times.

Monday:

5:30 – 6:30 (ages 10-14)

6:30 – 7:30 (ages 14-18)

Thursday:

4:30 – 5:30 (ages 4-7)

5:30 – 6:30 (ages 8-10)



Mindful Connections

Mindful Connections is a psychoeducational group designed to help our clients with learning ways to manage their feelings and improve behaviors as well as interactions in school and at home.

Possible benefits of the group include:

- Improved general behavior within the community
- Enhancing one's social skills
- Improved personal skills
- Improved relationships as reported by family members and friends
- Participants are more apt to learning positive skills after shared personal issues related in the group