Mindfulness and Meditation Group

This weekly, hour-long group will teach you different mindfulness and meditation techniques to increase your awareness and attentional control, helping you to:

- Better notice your emotions, thoughts and urges
- Choose your behaviors more thoughtfully
- Reduce your emotional suffering
- Help you make important decisions
- Increase compassion for yourself and others and
- Lessen your pain, tension, and stress

When: Weekly via Zoom, Day and Time TBD
Therapist: Casara Jean Ferretti, MS MA PhD Candidate
Cost: $75/session

For more information:
Please email Emily Sachs
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