

Open Your Mind

With Mindfulness Group Therapy

Mindfulness Helps You:

- Recognize how you're feeling.
- Manage how you respond to your emotions.
- Build healthy relationships.
- Identify and end destructive relationships.

Take the Next Step to a More Empowered Life:

Young Adults (Ages 18-23)

Teens (Ages 15-17)

Contact us for Current Schedule

BBK

RESULTS
ORIENTED
THERAPY

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