

MINDFULNESS- BASED COGNITIVE THERAPY

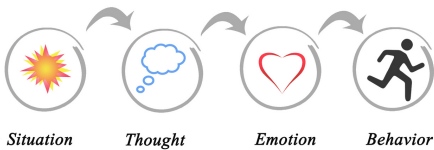
*

*Increase the awareness of one's experiences and the capacity for staying with one's experiences

*Improve quality of life through facilitating activities that are nourishing and decreasing activities that are depleting

*Develop mindfulness-based skills on stress management, depression management, and anxiety reductions

Cognitive Model



REGISTER FOR
TUESDAY
6:30PM-7:30PM

Groups start September 21st

***Online/In Person**

Limited space in person*

3300 E. Central Texas Expy
Suite 301
Killeen TX 76543

254-213-9348
admin@butterfliesprosperingwellness.com

