



## **Mindfulness For Real Life: *A Practice and Process Group***



**Announcing a new ongoing weekly group, offering participants a chance to develop and expand their own mindfulness practice, and to discuss with others how to be more present and intentional on a day to day basis.**

**Mindfulness has been scientifically proven to lead to improvements in participants' quality of life, including addressing issues related to:**

- Depression
- Anxiety
- Relationships
- Stress Management
- Substance Use/Abuse
- Anger
- Life Transitions
- Work/Life Balance

**Where: 23 Altarinda Road, Suite 205, Orinda**

**When : Fridays, 10:00 – 11:30 a.m.**

**Cost: \$75 per week, minimum three month commitment. Group limited to 8 people.**

**For more information, contact:**

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