

# Explore Mindfulness



Research in mindfulness has identified a wide range of benefits in different areas of psychological health, such as helping to decrease anxiety, depression, rumination, and emotional reactivity. Research has also shown mindfulness helps to increase well-being, positive affect, and concentration.

**A Weekly, 60 minute Hybrid Group (remote or in-person)  
Wednesdays, beginning Oct. 23, 2024 @ 6:00 to 7:00 p.m.**

Join us for a series of four sessions designed to help you explore and practice a variety of mindfulness strategies. Each session will provide research and practice. All participants will be encouraged to practice their new skills between sessions.

**Cost:** \$80 for all 4 sessions.

Please register using the QR code or visit [www.cdppcc.org/events](http://www.cdppcc.org/events). Insurance is not accepted for this group and there are no refunds for missed sessions. After you register, you will receive a link via email or text message to join remotely, if you prefer.

Question? Feel free to call us at 630-752-9751 and speak with Kurian.



or visit, [www.cdppcc.org/events](http://www.cdppcc.org/events) to register

**Presented by:  
Chris Stuart, LPC**

### Session Dates

**6:00 – 7 PM**

**October 23**

**October 30**

**November 6**

**November 13**

[www.cdppcc.org](http://www.cdppcc.org)

507 Thornhill Drive • Carol Stream IL 60188 • (630) 752-9750