

Mindfulness and Relaxation



In this group you will:

- Learn how to incorporate mindfulness skills into your daily life to reduce stress;
- Explore various mindfulness techniques that include visualization, meditation, chair yoga and aromatherapy;
- Increase your collection of coping skills; and
- Have fun!

**Group meets
Tuesdays at 1 pm**

Offered in English & Spanish!

Adult Psychiatric Clinic
400 Columbus Avenue, New Haven

For more information, contact
group leader Camila Smith, LCSW
203-503-3288



**Cornell Scott
Hill Health
Center**

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