

# Yoga and Mindfulness

An outpatient group for men  
enrolled in treatment at Grant Street  
Partnership who have a history of  
substance abuse

## In this group you will

- Use mindfulness and various gentle movements
- Learn to stay focused in the present while exploring past experiences
- Reduce symptoms associated with anxiety, depression and cravings
- Reduce feelings of depression, stress and anxiety by becoming aware of breath and deepening current breathing patterns

## Group meets Tuesdays at 12:30 pm

Grant Street Partnership (In the TV Room)  
60-62 Grant Street, New Haven

This group is intended for co-occurring  
mental health/substance abusers.  
For more information call 203-503-3350.



Cornell Scott  
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