
MINDFULNESS BASED SKILLS GROUP

with Christina Saccoia, M.A. Behavior Therapist

Goals: Reduce Symptoms of
Anxiety and Depression

8 week group

Objectives: sensory
processing; increase
communication skills, self
awareness and listening
skills.

Wednesdays 5-6p

6/1, 6/8, 6/15, 6/29,
7/13, 7/20, 7/27, 8/3

In this group, participants will be guided in a
mindfulness exercise and take turns in sharing and
reflecting their experience with the group.

Exercises will include mindful movement and
breathing, guided imagery and use of sound tools.

