



MINDFULNESS FOR ANXIETY AND DEPRESSION

CLASSES FOR TEENS AGE 12-18
OCTOBER 4TH - NOVEMBER 22ND
MONDAYS - 4:00-5:00 PM
COST: \$120 (\$20 PER SESSION)
ONLINE

Learn to use mindfulness and movement to help manage anxiety and/or depression.

Learn coping skills for tough days.

You are not alone. Help is available.

CONTACT US:
CALL: 801-446-3515
TEXT: 925-876-4282
REACHCOUNSELINGUTAH.COM