



CenterPoint Counseling  
SECOND PRESBYTERIAN CHURCH

# MINDFULNESS

MINDFULNESS BASED Stress Reduction (MBSR)

**Begin your journey toward greater  
calm, focus and resilience**

Discover practical tools to reduce stress, improve wellbeing, and enhance overall health through mindfulness and guided practice.

**8-Week Course | \$450**

**Orientation sessions:** January 15 or 22 | 6 – 7:30pm

**Thursdays:** January 29 – March 19 | 6 – 8:30pm

**Silent Retreat:** March 8

**Click or Scan to register**



<https://forms.gle/YCbhkfZ4TnD5JLX48>