

Mindfulness for Young People



Mindfulness-Based Stress Reduction for Teens (MBSR-T) taught by Stacie Cooper, PsyD teaches mindfulness through breathing, body awareness exercises and meditation. Studies show mindfulness programs have a positive impact on academic performance, reduce stress levels and increase emotional maturity. This six week program is designed to give students ages 12-15 mindfulness tools and techniques for stress-anxiety management, fending off negative thoughts and behaviors, and building self-confidence.

Positive benefits include:

- an increased ability to process thoughts, reducing anxiety and stress
- an increase in healthy decision making
- a greater ability to regulate emotional responses

Tuesdays, May 2 - June 7, 2017
6 - 7:30 p.m.

Susi Q Community & Senior Center
380 Third Street
Laguna Beach, CA 92651

To register or request a scholarship, please call the City of Laguna Beach at (949) 464-6645.

For more information, please call Marci Mednick at (949) 499-7292.