

# *Mindfulness Based* **Stress Reduction for Teens**

Life as a teenager can be stressful.  
Let us help.

**Mindfulness-Based Stress Reduction-Teens (MBSR-T)** teaches skills and strategies that encourage positive self-care. Join us for this **FREE 7-week course** of 1½-hour weekly group sessions.

**Benefits of MBSR-T:**

- Improved coping skills
- Decreased stress
- Improved overall mental and physical health
- Increased sense of self control

**February 26 - April 9** (Grades 7-9)

**April 30 - June 11** (Grades 10-12)

**Tuesdays** from **4:30-6 p.m.**

Learn more at the **MBSR** information night (Parent & Youth)  
February 12, 5:30 – 6 PM, Bath Skate Park

Hosted by **Midcoast Community Alliance**

Bath Skate Park, 4 Old Brunswick Road, Bath

To register or for more information call **(207) 373-6585**  
or visit **[www.midcoasthealth.com/wellness/mindfulness](http://www.midcoasthealth.com/wellness/mindfulness)**.



MID COAST *Center for*

**Community Health & Wellness**

[WWW.MIDCOASTHEALTH.COM/WELLNESS](http://WWW.MIDCOASTHEALTH.COM/WELLNESS)