

MINDFULNESS FOR ANXIETY

for parents & teens

Sweetgrass Psychiatry is excited to offer a mindfulness-based course for parents and teens who struggle with anxiety. Using an evidence-based combination of intentional focusing, nervous system regulation and self compassion, participants will be equipped with realistic skills to more effectively handle the stress in their lives.



Program details:


- Dates: every other Wednesday
9/20, 10/4, 10/18, 11/1, 11/15, 11/29
- Time: 5-6pm
- Location: Sweetgrass Psychiatry
Mt. Pleasant location
710 Johnnie Dodds Blvd, Suite 200
- Cost: \$120/person for 6-week program
***Program will be capped at 10 participants**

The 6-week program will be practice-based and designed to support your continued cultivation of skills at home. Participants will receive psychoeducation materials and guided meditation audio files at each session.

This program will be led by Kerry Wischusen, MA. Kerry is a counselor and certified mindfulness meditation teacher whose counseling style greatly reflects these practices.

No prior mindfulness experience is required. We recommend parents and teens enroll together, but individual participants will be accepted if space permits. This group is not recommended for highly conflicted relationships, however, we currently have clinicians accepting new clients for individual and family counseling. Please contact us with any questions and for more information about how to enroll.

Contact Us:

 (843) 800-1303

 [SweetgrassPsychiatry.com](https://www.SweetgrassPsychiatry.com)

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