



## **Reducing Anxiety and Depression: A Mind-Body Therapy Group for Teens**

**An innovative 10-week group for teens aged 13-18 integrating best practices in Mindfulness, Yoga and Cognitive-Behavioural Therapy (CBT)**

**The purpose of this group is to help teens:**

- Develop effective skills to reduce stress, worry, anxiety, and depression
- Increase self-awareness and feel more in control of their emotions/mood
- Quiet their "critical" inner voice and develop greater self-compassion
- Discover how mindfulness and yoga can support better understanding and acceptance of themselves and of others
- Meet other like-minded youth and learn from and with each other in a safe, supportive, fun and non-judgemental space
- Experience more peace, happiness, calm and gratitude :)

~ No previous experience with yoga or mindfulness is necessary ~

**Dates and times for the next group are being determined. The group will run for 10 consecutive weeks (1.5 hours weekly) at an accessible location in Markham.**

**If you are interested in the next group offering, please contact the Chrysalis Centre at 905-752-6789 ext. 124 or by email at [chrysalisgroups@Mail.com](mailto:chrysalisgroups@Mail.com)**