

## HAVE YOU EVER WANTED TO LEARN MINDFULNESS?

Curious how just paying attention to the breath can alter your mood, change your health in positive ways, and lower your symptoms of depression, panic, and anxiety?

It all begins with breath.

There are many ways to be mindful.

Join us in a safe setting with other like-minded individuals who just like you wish to explore mindfulness in a non-judgmental and supportive environment.

Learn to relax in a pinch, minimize mind-chatter and negative thought patterns. Have fun and volunteer to lead a mindful moment.

## CLASSES ARE ONLINE

HIPPA compliant platform

## CONTACT BONNIE CARDELL, LMFT

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<https://www.soundmindneurofeedback.com/>

<https://www.soundmindneurofeedback.com/groups--events.html>

6-WEEK INTRODUCTION TO  
MINDFULNESS: STARTS JUNE 10, 2025  
(OR WHEN WE HAVE 4 OR MORE  
PARTICIPANTS) \*TWO AVIALABLE  
TIMESLOTS/TUESDAYS 12-1:15 PM & 6-  
7:15 PM

# LGBTQIA+ MINDFULNESS FOR BEGINNERS

Learn brief meditation

Learn cognitive coping skills

Learn stress management skills

Learn to set yourself up for success

Learn to breathe to support mental health

Learn to Relax & Have Fun with Mindfulness

Be Yourself.