



Teen Mindfulness and Dealing with Stress Group



Austin Child Guidance Center is excited to offer a **Teen Mindfulness and Dealing with Stress Group** for ages 13 to 17. This group will work with teens to learn mindfulness and coping skills to handle big emotions such as anger, depression, and anxiety.

Date: Wednesdays for 8 sessions
Feb. 27- April 24, 2019

Time: 6-7:30pm

Place: Austin Child Guidance Center
810 W. 45th Street
Austin, TX 78751

Cost: Sliding fee based on income and family size.

*Free Childcare for children over two while space is available. Please contact us to reserve a spot.

Please contact:
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