

MINDFULNESS-BASED STRESS REDUCTION

**ADULT WEEKLY
DROP-IN GROUP**

WHEN	HOSTS	COST
EVERY THURSDAY 12 PM via Zoom	Victor Bucklew, PhD, MA Resident in Counseling, NCC & Chelsea Muth, PhD, MA Resident in Counseling, NCC	\$30 <i>per session</i>

Past MBSR group therapy participants
and all established WFP patients are welcome to join (ages 18+).

Please complete the MBSR Group Therapy registration form by 4 pm the Wednesday prior to your first session. You will be required to provide payment information to be stored on file in our PCI-compliant billing system.

Please contact a member of the WFP administrative staff for more details.