

Mindfulness Skills Group for Teens



This group is designed to teach teens about the practice and benefits of mindfulness. By learning a specific way to pay attention to their breath, body, thoughts, feelings, and the world around them, participants can then choose to respond to life's situations in a healthier and more beneficial way.

Teens will learn to use mindfulness to:

- Help decrease anxiety, stress, and worry
- Work on improving attention, emotion regulation, quality of sleep, relaxation, and self-calming skills

**Where: Child and Family Psychological Services, PLLC
89 Access Road, Norwood, MA 02062**

Contact Hilary Marck, LICSW at 781-551-0999 x230. This group may be covered by your health insurance. Please speak with Hilary Marck for details.



Hilary Marck, Licensed Independent Clinical Social Worker (LICSW), received her Master of Social Work degree from Simmons College in 2014 and her Bachelor of Arts degree from Stonehill College in 2010.

Hilary has worked in residential, middle school, high school, college, and hospital settings, and spent over 2 years as a clinical social worker in the Center for Children with Special Needs at Tufts Medical Center. In 2013, Hilary presented at the International Consortium for Social Development in Kampala, Uganda on the topic of incorporating mindfulness into psychotherapy. She is also a graduate of the 8-week Mindfulness-Based Stress Reduction Program..

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