

MINDFULNESS-BASED STRESS MANAGEMENT GROUP



This evidence-based, 8 session group offers techniques to assist individuals in coping with stress (job, family, or financial), medical illness (cancer, chronic pain, GI distress, headaches, high blood pressure), anxiety and panic, depression, sleep disturbances, fatigue, and grief.

Participants will learn:

- Techniques to *manage* stress
- An increased ability to relax
- Techniques to *manage* physical symptoms and pain
- An ability to cope more effectively with short and long-term stressful situations
- An understanding of stress and immunity

**Where: Granite Medical Group, 500 Congress St., Quincy, MA
169 Libbey Industrial Parkway, Weymouth, MA**

Contact Dr. Robert at 781-551-0999 x491. This group may be coordinated with ongoing individual therapy or medication, or may be appropriate without other services. It may also be covered by your health insurance. Please speak with Dr. Robert for details.



Marc Robert, Psy.D., is a licensed Psychologist and Certified Health Service Provider. Dr. Robert received his Doctorate of Clinical Psychology with a Concentration in Health Psychology from the Massachusetts School of Professional Psychology. Dr. Robert completed his internship and post-doctoral training at Cambridge Health Alliance (Harvard Medical School) and Boston Behavioral Medicine.