



Mindfulness
Starts Here

Mindful Mondays

Who: This group is designed for individuals who want to learn about mindful living and engage in group meditation.

Where: Human Services Center, 130 W. North Street, New Castle, PA 16101

When: The group will meet on Mondays from 1:00 pm to 2:30 pm on the following dates: May 20th, June 3rd, June 10th, June 17th, June 24th and July 15th. Group members should be available to attend all 6 sessions.

How: Contact Jane Charlton LPC at 724-510-3254 for more information. All group members must be 18 years old or older and meet briefly with Jane prior to assignment to the group.

Co-facilitators: Jane Charlton LPC and Kayla Fee LPC

Tentative Outline:

Session 1: So What is the Big Deal about Mindfulness?

Session 2: Mindfulness and Stress Reduction

Session 3: Accessing the Present through Grounding Exercises

Session 4: Deep Dive into Acceptance

Session 5: Increasing Focus and Attention

Session 6: Loving Kindness Meditation and the Experience of Joy