



Mindfulness  
Starts Here

## **Achieving Well-Being Through Mindfulness**

**Who:** This group is designed for HSC clients who want to learn about mindful living and engage in group meditation. This group is appropriate for beginners as well as individuals who have experience in mindfulness and meditation.

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

**When:** The group will meet on **Thursdays from 1:30 PM to 3:00 PM** on the following dates: **October 17<sup>th</sup>, October 24<sup>th</sup>, October 31<sup>st</sup>, November 7<sup>th</sup>, November 14<sup>th</sup>, and November 21<sup>th</sup>.** 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 Rebecca Hecking, Intern.

### Tentative Outline:

Session 1: Introduction to Mindfulness and the Seven Attitudes of Mindfulness\*

Session 2: Attitude Focus: Beginner's Mind

Session 3: Attitude Focus: Patience and Trust

Session 4: Non-Judging and Non-Striving

Session 5: Letting Go

Session 6: Radical Acceptance

- The curriculum is based on the work of Jon Kabot Zinn PhD and Donald Altman MA LPC