

# MINDFULNESS FOR ANXIETY: A FREE CLASS FOR TEENS



Learn mindfulness skills that can help calm the mind and body.

Regain control over your response to stress.

Free, Online 6 Class Series  
For ages 13-17

Tuesdays at 4:30 pm  
January 26th - March 2nd

## INTERESTED?

\*Brief Screening Required\*

Call Claire Guidinger, M.A., M.S.,  
at (541) 283-3035 or [calm@oregonmindful.org](mailto:calm@oregonmindful.org)



Offered by the  
**Oregon Mind Body Institute**  
in collaboration with **Centro Latino Americano**