

Fall Mindfulness Classes for Teens and Adults



Register Online:
www.mindfulnessstc.com

Ongoing class offerings through Northern Michigan Psychiatric Services, PC
and the Mindfulness Center of Northern Michigan, LLC
231-935-0355

Mindfulness Based Stress Reduction - MBSR for Adults

Live online via Zoom

Saturdays 9:00am – 11:30am

September 11th – November 13th

Mandatory Orientation on September 11th 9:00am –
10:00 am

Full Day Mindfulness Retreat on Saturday October 30

Stressed Teens Class

Mindfulness Based Stress Reduction for Teens MBSR-T

In-Person

*Covid 19 vaccinations required

Wednesdays 4:00pm – 6:00pm

October 6th – November 24th

934 – A S. Garfield Ave. – Heritage Square Complex

Yoga and Meditation Class for Teens

In-Person

*Covid 19 vaccinations required

Mondays 4:00pm -5:00pm

October 4th – November 22nd

934 – A S. Garfield Ave. – Heritage Square Complex

Mindful Parenting Class

In-Person

*Covid 19 vaccinations required

Mondays 5:30pm – 7:00pm

October 4, October 11th, October 18th, and October
25th

934 – A S. Garfield Ave. – Heritage Square Complex

A Thanksgiving Retreat:

A Day of Silence, Gratitude and Heartfulness

In-person *Covid 19 vaccinations required

Sunday November 28th 8:30am -4:00pm

Whispering Waters Retreat Center and Bed and Breakfast – 2020 Sarns Rd. TC

***Financial Assistance Available**

