



Center Mindful is Forming a Mindfulness Group for Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ+) Teens & Friends

What: Are you or do you know someone who is an LGBTQ+ teen or friend? Learning and practicing Mindfulness can help to better manage stress or worry, improve self-esteem and self-image, increase ability to focus, be less distracted and live more fully in the present moment, increase overall well-being, and bring more peace and happiness into your life and relationships while increasing your community of support by connecting with other teens sharing your resilience, strengths, creativity, and resourcefulness.

Where & When: The Center for Mindfulness & Wellness, located at 7020 Camp Hill Rd. in Ft. Washington, PA (on the edge of Flourtown) is forming an ongoing Mindfulness Support Group for LGBTQ+ teens and friends. The group will meet the last Thursday of each month from 6:00 - 7:00 pm.

Note: Parents are welcome to meet together in one of our waiting rooms to share resources and support each other as well while waiting for their teen.

Cost: Because this is an underserved population placed at greater risk due to the stress of managing adolescence with a marginalized identity amidst a heteronormative culture, the goal is to provide this opportunity to learn Mindfulness to decrease risk, promote greater wellness, and share strengths for LGBTQ+ teens and friends at a reasonable cost of \$10 per session for each participant. (Note: please consider sponsoring an LGBTQ+ teen or friend to attend to help keep this group sustainable for all who are interested).

To enroll contact Jesse Frechette, LCSW (Mindfulness Teacher, School Counselor, & Mindfulness-Based Psychotherapist): jesse@centermindful.org or 215-680-1944.

Please share this email/flyer with others in the greater Philadelphia and suburban areas so we can help reduce risk and promote wellness for LGBTQ+ teens and friends.

Thank You and Peaceful Wishes,

Jesse



NOTE: For more info visit "www.centermindful.org/LGBTQ.asp"