

MINDFULNESS-BASED SERVICES

FOR TEENS, FAMILIES, & PROFESSIONALS

ABOUT US:

Stressed Teens offers the evidence-based Mindfulness-Based Stress Reduction for Teens (MBSR-T) program in a variety of settings and formats. We teach mindfulness-based interventions and provide skills for pre-teens through late adolescence. MBSR-T can improve youth's functioning and quality of living socially, physically, and psychologically. MBSR-T is adapted from Jon Kabat-Zinn's adult MBSR program.

SERVICES:

10-WEEK CERTIFICATE TRAINING
FOR PROFESSIONALS IN MBSR-T
30 CE/CME Credits Available

4-WEEK MINDFULNESS GROUP FOR
TEENS & YOUNG ADULTS IN MBSR-T

MINDFULNESS-BASED PSYCHOTHERAPY
& COACHING FOR TEENS & FAMILIES

WHOLE-SCHOOL MINDFULNESS-BASED
SOCIAL AND EMOTIONAL (SEL) PROGRAM
Year Long

PROFESSIONAL 1:1 MENTORING AND
PRACTICUM OFFERINGS

www.stressedteens.com

