

Mindful Moments

Creating Inner Calm in a Chaotic World

Date/Time

*Wednesdays @
0900*

Location

*Virtual Telehealth
Platform*

**CHILD AND
FAMILY
BEHAVIORAL**

**Winn Army Community
Hospital**

1061 Harmon Ave

Ft. Stewart, GA 31314

Tuttle Army Health Clinic

230 Casablanca Dr.

Hunter Army Airfield, GA

**For more info or to sign up for a
group contact CAFBHS:**

Phone: 571-801-7133 or

571-802-0354/0355



What is Mindfulness?

Mindfulness is the skill of being deliberately attentive to one's experience as it happens — without imposing our typical internal interpretations or judgements.

How Do We Learn Mindfulness?

Mindfulness techniques are skills that anyone can develop and apply to the simplest aspects of life: breathing, sensing, feeling, eating, walking, speaking, and even driving. We develop mindfulness through the repetitive practice of maintaining our attention on a single focal point of experience for a period of time without an inner commentary.



IT TAKES TWO: HEALTHY RELATIONSHIPS GROUP

LIFELINE OF ANY RELATIONSHIP.

Group Description:

It Takes Two is geared towards helping couples manage conflict and develop strategies to improve communication and build stronger connections.

MONDAYS

1100-1200

Location:

VIRTUAL

(MMH)

To register, call the
CAFBHS clinics at:

571-801-7133

571-802-0354

571-802-0355

End the Worry and Discover Joy

**RISE ABOVE ANXIETY:
FIND HOPE, TOGETHER**

GOAL OF GROUP

This 3 week course will teach individuals how to let go of their worries and fears to find peace in life. They will acquire coping tools that will enable them to overcome their fears to discover hope.

**Wednesdays
10:30AM-
11:30AM**



REQUIREMENTS

Family Members 18 years or older

Individuals with anxiety, stress, worries, fears, or panic attacks

TO JOIN US- CALL TODAY



571-802-0355 or
571-802-0354

**Winn Army Community Hospital
Child & Family Behavioral
Health Services**
2nd Floor Liberty Wing
Room 2N01





Babies On Board

PURPOSE

To provide strategies to decrease frequency, duration and intensity of moods associated with pregnancy

WHO

- ❖ Mother's to Be (6-9 months)
- ❖ Mother's 3 months post delivery
- ❖ Dependents

WHAT

- ❖ Education
- ❖ Coping Skills
- ❖ Support/Resources

HOW

- ❖ Register with CAFBHS
- ❖ BEGINNING March 7
- ❖ Winn Army Community Hospital
- ❖ (571) 802-0354/55