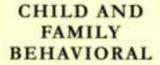
Mindful Moments

Creating Inner Calm in a Chaotic World

Date/Time
Wednesdays @
0900
Location
Virtual Telehealth
Platform



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

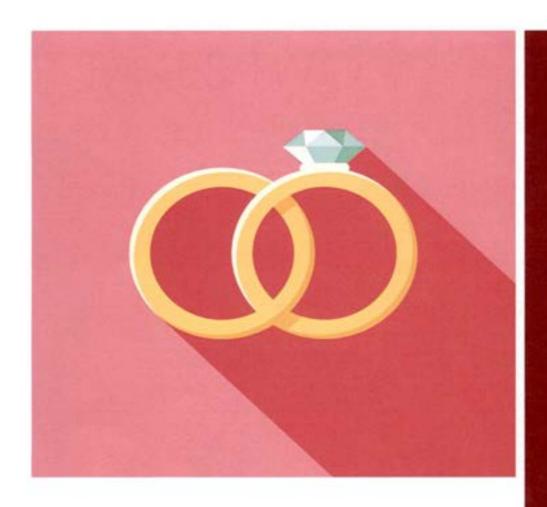


What is Mindfulness?

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

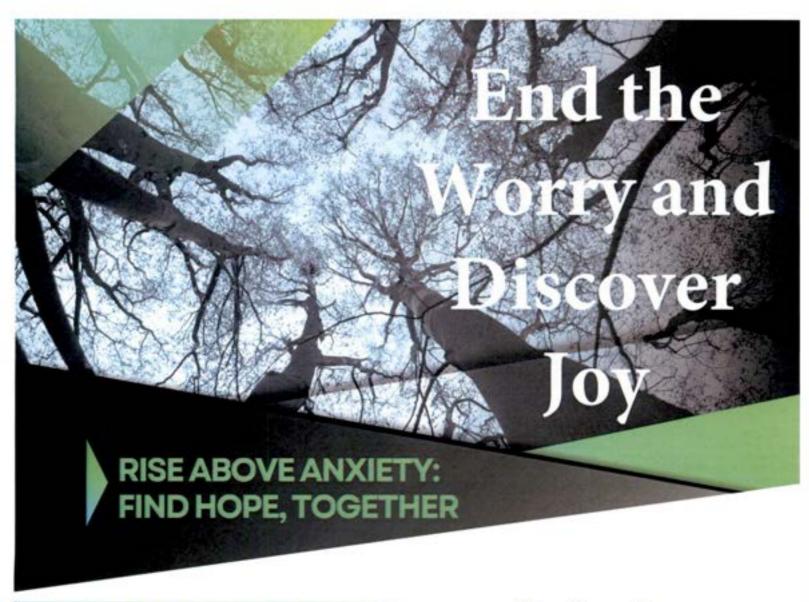
Location: VIRTUAL (MMH)

To register, call the CAFBHS clinics at:

571-801-7133

571-802-0354

571-802-0355



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.

TO JOIN US- CALL TODAY



571-802-0355 or 571-802-0354 Wednesdays 10:30AM-11:30AM



REQUIREMENTS

Family Members 18 years or older



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



Winn Army Community Hospital Child & Family Behavioral Health Services



2nd Floor Liberty Wing Room 2N01

