



# MINDFULNESS

## PRACTICE & PROCESS



This group focuses on applying mindfulness skills to our everyday experience. Mindfulness enables us to gain better understanding of our negative thinking and emotional patterns. By increasing awareness of our thoughts, emotions and physical sensations, we can address what's happening in the present and begin to increase feelings of well-being.



**Dates:** Tuesdays 4:30 – 5:30 pm

**Facilitated by:** Ellen Brandon, LCSW

**Location:** Pinnacle Behavioral Health, IPA, LLC  
10 McKown Road, Suite 102  
Albany, NY 12203

Most Insurances Accepted

If interested please call Kattery at 518-689-0244 ext.19 or Rocco 518-689-0244 ext. 22