



American Foundation of Counseling Services, Inc.

Mindfulness for Well-Being Group

For: Adults 18 years and older

The group is designed to introduce mindfulness meditation practice as a way for individuals to:

- Stay focused on what is happening in the present moment, non-judgmentally
- Reduce fear or anxiety and promote feelings of being in control
- Reduce stress – due to being in tune with one’s thoughts and body
- Make better decisions – because of being more present and having the opportunity to assess

Goal: Learn to relate directly to whatever is happening in your life. This includes the challenges of stress, pain, illness and everyday demands – through the use of:

- Guided instruction in mindfulness meditations
- Mindful yoga
- Discussion and application into experiences of daily living
- Home assignments

When: The group is held weekly throughout the year. It meets for eight (8) weekly sessions, on Wednesdays from 4:30-6:00 p.m. Specific dates are:

May: 2nd, 9th, 16th, 23rd, 30th

June: 6th, 13th, 20th

Where: American Foundation of Counseling Services
130 E. Walnut St.; 7th Floor (Bellin Building)

Cost: Some health insurance and medical assistance accepted.

Facilitator: Kathy Mayer, MSE, LPC – Please call Kathy at (920) 437-8256 to schedule an intake or for more information