



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## THE MINDFULNESS PROJECT

Mindfulness is an incredible approach to helping individuals improve their overall wellness through awareness and acceptance. Based on a curriculum developed by Dr. Sam Himelstein, Mindfulness-Based Treatment (MBT) groups are provided to young people in our community that are working to overcome life challenges by improving on self-awareness, emotional well-being, and reducing substance use.

Participants learn to stay present, work through life's stresses more effectively, employ coping strategies and be their authentic selves. **The groups are FREE of charge, open to youth in our community,** and are held in easily accessible locations. Food is provided at each group!

**Age requirement:** 15-25 (Groups are split based on the age of the participants.)

**PROVIDERS:** If you are interested in providing MBT groups in your programs for youth, please contact Alexi Arvanitidis, LMFT.

All services are free of charge to providers and participants.

**For more information contact:**  
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## Questions: Call Alexi Arvanitidis at 650.275.2385

