



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 with non-judgment. 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 and in a virtual zoom meeting room for the current time being** (and subject to change to in-person as needed/allowed).

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:
mindfulnessproject@star-vista.org

For questions or to participate contact:

mindfulnessproject@star-vista.org or (650) 366-8436

