



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.

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 Jessica Sanchez-Martinez, LMFT.

All services are free of charge to providers and participants.

For more information contact: Jessica Sanchez-Martinez, LMFT at 650.366.8436 or jessica.sanchez-martinez@star-vista.org

Questions: Call Jessica Sanchez-Martinez at 650.366.8436

