



STRONG

INTEGRATED BEHAVIORAL HEALTH, LLC

66 Club Rd, Suite 120 Eugene, OR 97401

Mindfulness Group

Led by Robin Hertz, PhD, Psychologist Resident
Supervised by Teri Strong, PhD

Learn practical techniques for living
in the moment!

- Improve focus, reduce stress, increase emotional resilience, and more in this 8-week experiential group. Each session will include several guided mindfulness exercises and opportunities for Q&A.
- No experience necessary, all levels of experience welcome.

Group held weekly,

Tuesdays, 12:30 PM-1:30 PM

Group will be held via Zoom video conferencing

**SPEAK TO YOUR THERAPIST, OR CALL THE CLINIC
AT 541-393-5983 TO SIGN UP**

