

HALL HEALTH CENTER

FALL 2017 GROUPS

Beginning Mindfulness Meditation

Wednesdays, 3:30-5PM (Meghann Gerber)

Develop skills to address tendencies to criticize, ruminate, react, or avoid



Meghann Gerber, PsyD

Mindfulness Meditation Follow-Up

Wednesdays, 12-1PM (Meghann Gerber)

Thursdays, 12-1PM (Meghann Gerber)

Fridays, 12:30-1:30PM (Carey DeMartini)

For those who are already familiar with mindfulness meditation



Carey DeMartini, LMHC



Ricardo Hidalgo, LMHC

Procrastination/Perfectionism

Wednesdays, 3-5PM

Fridays, 10AM-12PM

Learn strategies to overcome perfectionism and procrastination

A Mindful Approach to Working with Anxiety

Tuesdays, 10-11:30AM

Learn to approach life stresses with mindfulness



Carey DeMartini, LMHC



Min Lee Booth, LMHC

Relationships & Life Skills Group

Thursdays, 1-3PM

Increase skills in understanding emotions, practicing emotional regulation strategies, identifying interpersonal goals and social skills

Between Cultures

Tuesdays, 10-11:30AM

For those who feel trapped between two cultures and are looking for "home."



Min Lee Booth, LMHC



Ricardo Hidalgo, LMHC

To register, call Hall Health's Mental Health Clinic: (206) 543-5030
We bill health insurance.