HALL HEALTH CENTER FALL 2017 GROUPS

Beginning Mindfulness Meditation

Wednesdays, 3:30–5PM (Meghann Gerber) Develop skills to address tendancies 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

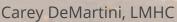
Wednesdays, 3–5PM Fridays, 10AM–12PM

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







Relationships & Life Skills Group

Thursdays, 1-3PM

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

Min Lee Booth, LMHC

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.