



FAMILY THERAPY ASSOCIATES, LLC

MINDFULNESS FOR EMOTIONAL WELLNESS



**VIRTUAL THERAPY GROUP
WEDNESDAYS, 6-7 PM
STARTS APRIL 1 - JOIN ANY TIME**

**STRESS REDUCTION, EMOTIONAL REGULATION, AND COPING SKILLS
FOR EVERY DAY LIFE**

This virtual mindfulness-based therapy group supports adults in building practical skills to manage daily stress, improve attention and focus, and strengthen emotional regulation. Through guided mindfulness practices, education, and supportive discussion, participants learn ways to calm the body's stress response and strengthen the brain systems that support focus, valued-decision-making, and emotional balance.

TREATMENT GOALS

- ✓ Reduce stress and overwhelm
- ✓ Improve emotional regulation skills
- ✓ Strengthen attention and focus
- ✓ Decrease symptoms of anxiety and depression
- ✓ Build healthy coping strategies for daily life
- ✓ Increase engagement in values-based behaviors that support life satisfaction

WHO IS THIS GROUP FOR?

- Adults ages 18+ experiencing:
- Daily stress and burnout
 - Anxiety or depression
 - ADHD-related focus challenges
 - Trauma-related emotional responses

***Call 715-246-4840 to register. Most insurance
is accepted. Cash pay available.***

Visit: ftacounseling.com

Facilitated by Alastair Wright, MA, LPC-IT

