



## **A Program for Living in a Stressful World**

Mindfulness Based Stress Reduction (MBSR) is an 8-week program designed to teach participants simple tools that can be used at any time, in any place, to manage their body's stress reactions and find peace of mind during even the most difficult days. The benefits of the MBSR program include an enhanced capacity to relax the body, mind, and spirit through simple practices that tap into inner strengths and healing resources within.

**WHEN:** Wednesdays, 6 – 8 pm Sept 28<sup>th</sup> through Nov 16<sup>th</sup>

**WHERE:** Trinity Presbyterian Church (Darley & Naamans Roads)

**COST:** \$325\*, includes handouts & guided meditation recordings

**PRESENTED BY:** Shannon Ayres, MS, LPCMH & Jim Walsh, PhD, LPCMH

**For More Information Contact Shannon or Jim at**

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**“Drop Ins” Welcome: Anyone who has taken MBSR with either of us can drop in to any of these meetings for a \$10 fee. Does not include CEU's.**

\*Approved for 20 CEU's by the Board of Mental Health and Chemical Dependency Professionals (LPCMH, LMFT & LCDP); Additional \$75 Fee Charged if Earning CEU's