

## Who Is This Mindfulness Group For?

- Children and adolescents who are open to integrating daily practice of mindfulness into their world as a means to cope with stress, anxiety, depression, low self-confidence, and focus.

## Our Dedicated Staff

Jon Pedro - *Ph.D.*  
Ryan Loss - *Ph.D.*  
Jason Bird - *Ph.D.*  
Jessica Addington - *Psy.D.*  
Sarah Pires - *Psy.D.*  
Courtney Mattiace - *Psy.D.*  
Jason Emery - *Psy.D.*  
Kelly A. Halstead - *M.S., BCBA*  
Emily Boardman - *M.S.*  
Charles Raynolds - *BCBA-D*  
Meredith Keller - *BCBA*  
Lindsey Malchow - *BCBA*

## Registration

- For an Intake Form and further information, please call the Cheshire office at: 203.271.1430
- An intake parent/child meeting with the program director is required prior to registration.
- To maximize skill development, participants should attend all sessions.
- All sessions are facilitated by professional and experienced instructors.
- Program Director:  
Jessica Addington, Psy.D., is a trained and experienced psychologist in regard to practicing and teaching mindfulness based skills and mind-body awareness. Dr. Addington has worked with children, adolescents, families, and adults in hospital, university, and community mental health settings. Dr. Addington specializes in providing individual, family, and group therapy addressing issues of mood, behavior, and psychological functioning.



**Connecticut Behavioral Health, LLC**



**MINDFULNESS: FINDING INNER PEACE  
IN A STRESSFUL WORLD**

A mindfulness program designed to build and strengthen children's and teen's present moment awareness, emotion regulation, and ability to adapt to life's stressors.

**Connecticut Behavioral Health, LLC**

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## Mindfulness: Finding Inner Peace in a Stressful World

### What is Mindfulness?

- Mindfulness is a therapeutic strategy practiced by many to improve present moment awareness of our thoughts, feelings, and body sensations.
- Mindfulness has been found to be helpful to improve the ability to slow down reactions and to make careful choices.
- For many, practicing mindfulness helps to improve focus and attention, as well as cope with a variety of emotional struggles related to anxiety, stress, and depression.
- Learning and practicing mindfulness improves mind-body awareness and helps people to adapt to life stressors.



## Focus of Mindfulness: Finding Inner Peace in a Stressful World

- Learn here-and-now present moment awareness of thoughts and feelings
- Practice kindness and non-judgment
- Engage in mindful movement and basic yoga poses
- Strategies for emotion regulation, stress reduction, and mind-body awareness



## Group Structure of Mindfulness: Finding Inner Peace in a Stressful World

- 9-11 year old girls/boys
- 12-14 year old girls/boys
- 15-17 year old girls/boys
- Sessions consist of 8 week long closed groups that will meet one time per week
- 45 minute sessions led by a trained psychologist
  - meditation practice
  - listening practice
  - breathing exercises
  - movement
  - coping with stress, anxiety, and emotion
  - shifting thinking to non-judgment and self acceptance

