

The Bergen Counseling Center Presents:

Anxiety and Mindfulness Group

TIME:

Mondays
8:00pm – 9:00pm

HOW OFTEN:

Weekly for 12
weeks/sessions

WHERE:

25 E. Washington Street
Chicago, IL 60602
Suite 1206

START DATE:

March 07, 2016

**An individual intake will
need to be completed prior to
the group's commencement to
assess readiness for group
therapy**

CONTACT:

Dr. Whitney Zweifel
773.263.6485

E-MAIL:

drzweifel@bergencounseling
center.com

WEBSITE:

Bergencounselingcenter.com

Do you have difficulties calming your mind?

Do you experience stress and anxiety?

*Join our anxiety and mindfulness processing group and
learn mindfulness techniques to aid you in your mental
resilience and distress tolerance. Find more balance in
your life and learn to calm your mind and body.*

