



WYNNS family psychology

SPRING GROUP 2023

# Mindfulness Group

HIGH SCHOOL:  
9TH - 12TH GRADE

Tuesdays 6 - 7pm

## Topics Covered:

- Facilitate Increased Mindfulness
- Decreased Judgement
- Increased Ability to Relax
- Decreased Stress
- Decreased Physical Pain



**REGISTER NOW!**

📞 Call 919-467-7777 or email

✉ [groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com)

## **WHERE:**

### **Wynns family Psychology, Cary Location**

130 Preston Executive Drive, Suite 202, Cary, NC 27513

## **WHO:**

**Kasey Sulovski, LPA**

## **WHEN:**

**Tuesdays 6pm - 7pm**

- February 21st - April 11th
- 8 Week In-Person Interactive Group

## **GROUP FEES (All Non-Refundable):**

- 60-minute consult (required) with parent and child (fee not included in total cost of the group)
- Weekly Group Fee: \$95 per session
- 8-week group price: \$760 (not including consult)
- Deposit: \$95 deposit required to reserve spot (non-refundable, due in full at time of registering)

## **JOIN US!**

**Email [groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com) or call 919-467-7777. Hurry! Spaces are limited.**



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