

# TEENS' CALMING MINDS – MINDFULNESS

**Are you a parent of a teen, or a teen yourself, who is struggling with social skills? Are you interested in learning about mindfulness and relaxation?**

Boomerang Health is offering a mindfulness group for teens **12 to 18 years** who struggle with managing intense emotions and social skills. Mindfulness has been shown to reduce stress and anxiety and increase attention and concentration skills. Many teens struggle to cope with daily stressors at home and at school. Studies have shown that teens who learn healthy coping skills early on are better able to navigate challenges later in life.

Five group sessions will be conducted with teens and parents are expected to attend the first and final session, and to be engaged in supporting their teens in home practice. Sessions will focus on helping teens learn about mindfulness through evidence-based activities.

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## **This group will focus on:**

- Learning to calm minds and bodies
- Identifying and managing difficult feelings
- Learning flexibility in thoughts
- Practicing compassion and making friends
- Helping parents recognize their teens' challenges and developing effective strategies to support their teens' mental health

## **Program Includes:**

- 5 teen sessions (first and final session includes parent participation)

**This program is facilitated by a Registered Psychologist.**

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### **Dates and Times:**

Sundays October 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>; November 3<sup>rd</sup> and 10<sup>th</sup> from 10:00 – 11:30 a.m.

**Cost:** \$795 per family\*

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### **Contact Us To Register!**

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\*Check with your insurance provider for coverage.