



Gila River
HEALTH CARE

Behavioral Health Services

Mindfulness Support Group *for Women*

Mindfulness Based Cognitive Therapy (MBCT)



This group utilizes Mindfulness techniques
along with Cognitive Behavior Therapy

Ongoing Group

Wednesdays

1:00 pm - 2:30 pm

Hau'pal (Red Tail Hawk) Health Center
3042 W Queen Creek Rd. | Chandler, AZ 85286

For referrals, contact: jaustinstotts@grhc.org

Facilitators: Jeanine Austin Stotts and Claudia Ward

What can Mindfulness do?

“Mindfulness is a therapeutic technique that can help manage and prevent feelings of depression, stress, anxiety or discontent. It enables those who practice it to live more attentive, appreciative and compassionate lives. Mindfulness is an ancient wisdom which research shows supports health and healing for those who practice”.

~Oxford Mindfulness Center

****Please Note: This is not a verbal process group. This group is meant to be adjunctive to individual therapeutic work. Clients are referred through case managers, psychiatrists or therapists.*