



# MINDFULNESS TOOLBOX GROUP

Meditation!

Breathing!

Tai Chi!

Self-Care!

Art!

Qi Gong!

Coping Skills!

**EVERY WEDNESDAY FROM 5:00 PM – 6:00 PM!**

THE COUNSELING CENTER'S EAST ENTRANCE

Mindfulness is focused awareness of the present moment. It is useful to many people, including those in recovery and those challenged by anxiety, depression, and the effects of trauma.

LIMITED AVAILABILITY: FOR MORE INFORMATION CONTACT:  
THE COUNSELING CENTER AT (575) 488-2500 OR VISIT [WWW.TCC-NM.ORG](http://WWW.TCC-NM.ORG)

