



# Mindfulness and Meditation Group

This weekly, hour-long group will teach you different mindfulness and meditation techniques to increase your awareness and attentional control, helping you to:

- Better notice your emotions, thoughts and urges
- Choose your behaviors more thoughtfully
- Reduce your emotional suffering
- Help you make important decisions
- Increase compassion for yourself and others and
- Lessen your pain, tension, and stress

**When: Weekly via Zoom, Day and Time TBD**

**Therapist: Casara Jean Ferretti, MS MA PhD Candidate**

**Cost: \$75/session**

**For more information:  
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