

MINDFULNESS THERAPY GROUP

LEARN WAYS TO SLOW DOWN AND DESTRESS

*Essential Counseling
Therapy Services LLC*

8 WEEK
PROGRAM

\$45 per session

ENROLLING NOW
SECURE YOUR
SPOT

Improve your relationship
with yourself and gain the
ability to be mindful in
daily life

Each week focuses on a
specific skill including:

- breathing exercises
- mindfulness-based
games
- journaling
- art
- dance
- yoga/meditation
sample

AGES 18+

Meets once a week on
Wednesdays

Contact 732-851-3056 or
Danielle.r@essentialtherapynj.com
to register

Visit us at
www.essentialcounselingnj.com



Location: 215 Gordon's Corner Road Suite 1F
Manalapan, NJ