

Frenchtown Psychotherapy Presents:

A One-Day Mindfulness Retreat

Saturday, January 23rd

Reserve your space today

Call 908-507-8429

Adventures in Mindfulness

This day-long workshop will explore and encourage the development of Mindfulness. Mindfulness is the deliberate, investigative form of awareness that can offer individuals a way to come off "automatic pilot." This stress reducing practice will assist in developing a more genuine and authentic connection with self and others. The one-day workshop will help participants experience a variety of meditative practices and techniques that will cultivate well-being and the development of a healthy mind. Through activities and discussions, participants will experience this scientifically proven and life-changing practice.

Your Presenters

John Grund, LCSW. John is a licensed psychotherapist who has received a variety of trainings in Mindfulness including UMASS's Mindfulness-Based Stress Reduction, Stanford University's Forgiveness Therapy, Mindfulness-Based Cognitive Therapy, and Mindsight.

Dr. Richard A. Charwin, LPC. Rick is the founder of Frenchtown Psychotherapy. He has been recognized by the American Psychotherapy Association as a Board Certified Professional Counselor. He has received comprehensive post-doctoral training in Rational Emotive Behavior Therapy, Dialectical Behavior Therapy, and Mindfulness-Based Cognitive Therapy.

"Mindfulness is the deliberate, investigative form of awareness that can offer individuals a way to come off automatic pilot."

Be the architect of your life.

**Saturday, January 23rd
from 9:00-4:00 PM
\$125 per person
Lunch will be provided.**



FRENCHTOWN PSYCHOTHERAPY

19 C-2 Race Street

Frenchtown, NJ 08825

Call or email with your reservation today as space is very limited.

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