

Mindfulness Stress Reduction Group

For Adults - Fridays at 6pm in Hayes Valley, San Francisco



Mindfulness is being fully in the present moment with acceptance of your experience.

In this group, Dr. Edmunds will lead the group through mindfulness exercises that have been proven to reduce stress and improve well-being. These exercises are simple, effective, and easy to practice.



Mindfulness can:

- Reduce depression
- Help manage anger
- Improve relationships
- Increase sleep quality
- Decrease job burn-out
- Improve your health
- Decrease anxiety

\$30 per group session. \$100 for 4 groups. For more information and availability **contact Dr. Edmunds** by phone or email below.



Dr. Edmunds received his doctorate of psychology (Psy.D.) from the California School of Professional Psychology in San Francisco. He has worked in schools, college counseling, and community mental health clinics helping adolescents and adults reduce their stress and live more mindful lives. He has been practicing mindfulness meditation for over 8 years.

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