

## *A Resiliency Forum*

*For survivors, their families, first and second responders, and others impacted by the Boston Marathon Bombings.*

# *Mindfulness Skills for Everyday Life*



*“Mindfulness is an intentional quality of attention that supports living in the present moment with clarity, and insight, and free from reactivity”*

*Mark Coleman*

Tuesday, December 1, 2015

6:30pm-8:30pm

at

The Massachusetts Resiliency Center

1208 VFW Parkway

Boston, MA 02132

If you would like to join virtually via video conferencing, please call the Resiliency Center at I-844-STRONGI.

Practicing mindfulness can have positive effects for dealing with the ongoing impact of trauma, difficult situations, and the stressors of everyday life. Join us for a mini retreat using mindfulness practices and movement. We will also explore ways to put these skills into practice in your life.



Call I-844-STRONGI (I-844-787-6641) for more information

Facilitated by Barbara Hamm, PsyD; Janet Yassen, LICSW;  
Victims of Violence Program, Cambridge Health Alliance