



Making Friends with Yourself

Reduce anxiety, depression, stress and negative mood with mindfulness and self-compassion skills for teens.



Adolescence is a time of change, growth and, all too often, struggle. *Making Friends with Yourself* is an eight-week program designed to help teens cope more effectively with the challenges of their day-to-day life.

Making Friends with Yourself combines the benefits of mindfulness and self-compassion. Mindfulness teaches us to be present with difficult emotions, while self-compassion helps us to respond to these emotions with greater kindness and self-care.

Through developmentally appropriate activities and meditations, teens will learn specific tools that help them navigate the emotional ups and downs of this challenging life-stage with greater ease.

Preliminary research on *Making Friends with Yourself* has demonstrated significant decreases in depression, anxiety, perceived stress, and negative mood through taking this course.

When: Wednesday Nights for 8 Weeks
9/28/16 - 11/16/16

Where: One Life Counseling Center
1350 Cherry Street, San Carlos

Time: 5:00 p.m. - 6:30 p.m.

Cost: \$400 for all 8 sessions
Includes in-person intake

To register or for further information,
contact: marcella@marcellacox.com,
650.242.5207 or www.marcellacox.com

SPACE IS LIMITED TO 14 TEENS

Instructor: Marcella Cox, LMFT, Making Friends with Yourself Instructor & Certified Mindful Self-Compassion Teacher

Assistant: Stephanie Webb, MFT Intern

Making Friends With Yourself has been adapted from the adult Mindful Self-Compassion program created by Kristin Neff, PhD and Christopher Germer, PhD.