

# Mindfulness Skills for Chronic Anxiety

Facilitated by Juliet Ogbonna, Graduate practicum student  
(Supervised by Julia Cedeno, LCSW-S, RPT)

**VIRTUAL**

Mondays 6-7PM

June 12th-July 24th

6 weeks

Cost: \$20 per group

*This group is designed for adults who manage and function daily with underlying anxious thinking. This group will teach 6 fun and innovative mindfulness skills, while processing how anxiety shows up in different ways.*

**To Register:**

Call/Text 832-303-8933 or  
Email [admin@juliascounseling.com](mailto:admin@juliascounseling.com)

[www.juliascounseling.com](http://www.juliascounseling.com)