

An illustration at the top of the page shows a large red heart and a white brain, both with arms and legs, swinging on ropes against a blue sky with white clouds. The heart and brain are positioned as if they are swinging towards each other, symbolizing the connection between emotion and thought.

Mindfulness-Based Cognitive Therapy

**FACILITATOR: ORSON A. MORRISON, PSY.D.
LICENSED CLINICAL PSYCHOLOGIST, ASSOCIATE DIRECTOR**

Many people who have experienced conditions like anxiety and depression experience repeated episodes. The purpose of this in-person group is to improve your chance of preventing further symptoms of depression and anxiety and to provide you with tools to manage these conditions when they arise.

In group, you will learn skills to help you relate to your depressive and anxious thoughts and feelings in new ways and to share and review experiences with other group members. This program consists of 8 weekly sessions and is a closed group in order to maximize trust and safety between group members and to build sequentially upon the skills.

**Starts: Week of Sept 21st
Meets: Thursdays @ 3:00 pm
Lincoln Park Campus**

**Want to Sign Up?
Scan the QR code & Click
"Book a Group Screening"**

