

Mindful Teens @ Upstream



13 - 18 year olds and parents

Get to know how your brain works so you can surf
the waves of life!

Lessons are a fun and relaxing mix of meditations,
discussions and interactive exercises.

**Next 8 week course
commences
Thursday 3 August
4.30 – 6 pm**

Mindfulness

Mindfulness teaches us to switch out of “autopilot” and become fully aware of what is actually happening in our lives. This way we can change from reacting habitually to unpleasant things and instead pause, see clearly what is happening, and make conscious, skilful choices about our actions. We can also learn to savour the pleasant moments in our lives much more deeply.

Mindfulness cultivates a particular attitude associated with good mental health – that of being friendly, curious and patient towards ourselves, and what happens in our lives. This allows us to more skilfully surf the waves of life with all its inevitable challenges.

Facilitator

Catherine Johnson has been researching mindfulness in adolescents in the School of Psychology at Flinders University since 2014. She personally discovered and started practicing mindfulness 15 years ago and, excited by the benefits it afforded her, wished she had learnt these tools as a young person. Catherine is a trained adult and adolescent mindfulness facilitator, and physiotherapist.

Course details

- Limited spaces available (maximum 24)
- Venue: Box factory, 59 Regent St, Adelaide
- Cost \$400 for 1st family member; \$250 for subsequent family members.
- Deposit of \$100 secures your place with balance due 7 days prior to course
- Bookings 8125 4830 / admin@upstreamhealthsa.com.au
- You are welcome to email Catherine with any questions prior to booking catherinedittmar@gmail.com.
- You will also be contacted by Catherine upon booking to complete some screening forms