

# Mindfulness for Recovery and Stress Management Support Group

## Who can join?

This group is suitable for those in recovery from substance-use disorders, process addictions (coping behaviors related to eating, relationships, sexual activity, spending, working and exercising that have negative consequences), mood disorders and anxiety disorders. Participants should be in active therapy with an outside therapist in order to process emotional content.

**To Participate:  
Call (302) 224-  
1400 and Select  
Option 2!**

## What it is:

A therapeutic support group offering techniques for building internal resources to help prevent a relapse of mental health symptoms and negative coping behaviors due to reactions to stress.

## What we do in group:

Participants will learn about the benefits of mindfulness on brain function, and how to: identify and relate differently to thoughts and emotions; build self-awareness and compassion; and reduce the physiological impact of stress using experiential mindfulness techniques.

## When & Where

MID-ATLANTIC BEHAVIORAL HEALTH.  
BLUE HEN BUILDING. NEWARK, DE

**Wednesdays, 4:30-5:30 pm,**  
Starting November 28th . This group will run for 8  
weeks.

**FACILITATORS: JOCELYN SPENCER SAGRATI, MSW, LCSW, CYT, TCTS-F, AND  
GILLIAN LEBLANC.**