



## Mindfulness/Meditation Group

MPB Group, Inc. offers a weekly group focused on mindfulness and meditation. This group teaches mindfulness techniques that are beneficial for coping with daily stressors. The practice of mindfulness and meditation reduces over-thinking and stress while increasing focus.

Meets Thursdays @ 7:00

Email [group@mpbgroupinc.com](mailto:group@mpbgroupinc.com) (please specify interest in Mindfulness/Meditation Group)

All groups are provided via teletherapy. Maryland Medicaid & Carefirst BlueCross/Blue Shield insurance accepted. Cash clients also accepted (Prepaid discounts available).