

Community Counseling Center Presents...



# Mindfulness for Resilience

## Mindfulness Strategies for Emotional Wellness and Stress Reduction

Mindfulness is a simple and effective strategy for deep relaxation, calming the mind and addressing emotional challenges. In this virtual group, participants will learn mindfulness practices to create a new relationship with the inner world of sensations, thoughts, feelings and emotions during a time of sheltering.



### **This Free Mindfulness Support Group will meet Thursday Mornings**

**This is a drop-in group so weekly attendance is not required.**

**11:00 a.m. to 11:30 a.m. Pacific Time**

**Followed by an optional 30 minutes of sharing and questions**

**This support group is for anyone new to mindfulness, or those already familiar who want to learn new techniques and share in group mindfulness**

**Sessions will meet on Zoom Meeting ID: 856 6212 9297 Password: 061793**

<https://us02web.zoom.us/j/85662129297?pwd=UHRTYWFNnazZtVmd1UUVSUDhGZnFZUT09>

Facilitated by John Elfers, PhD, LMFT and Jyll Maxwell, MA, AMFT (LMFT Candidate)

John Elfers is the Community Counseling Center Clinical Committee Chair and a licensed therapist with over 30 years of experience in mindfulness practices, yoga and teaching. He is a qualified mindfulness based stress reduction instructor with the UCSD Mindfulness-Based Professional Training Institute.

Jyll Maxwell has worked for the Cuesta Student Health Center and the Community Counseling Center for the past 5 years. She earned her master's degree in Depth Psychology from Pacifica Graduate Institute. Jyll has served on the Central Coast Chapter of the California Association of Marriage and Family Therapists (CAMFT) board for over 5 years.

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