

ACHS Teen Center

# Mindfulness Group

## Find Peace Within Yourself

**Take a break from the stress of school, social media, and everyday pressure—join our monthly Mindfulness Group made just for teens. It's a relaxed, judgment-free space where you can unwind, clear your mind, and learn simple tools to help manage stress and boost your focus. No experience needed—just come as you are, once a month, and take some time for you.**



### Session Details:

3<sup>rd</sup> Thursday of  
Each Month at  
9:55am

