



MEDITATION AND MINDFULNESS for Clinicians

Now more than ever, mental health clinicians are in need of consistent self-compassion and self-care experiences. Step away from your role as helper and provider and step into a safe space for navigating the ways in which our work can retraumatize and deplete us.

Join us for a weekly guided mindfulness practice led by meditation teacher & mental health advocate Jordan Lally (*Ed Lally Foundation*). Employing a wide variety of breath, relaxation & mindfulness techniques, Jordan leads each session in a manner accessible to all, regardless of prior experience.

For information about schedule, cost, or to register

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