



Do you struggle with feeling stressed or down?

Mindful Self-Compassion Course

Middle Schoolers

Mindfulness teaches us how to be present with difficult emotions, and self-compassion helps us to respond to these emotions with greater kindness and self-care.

Contact us for more information:

mgregg@drmelaniegregg.com

drmelaniegregg.com

713.494.2704

\$350 FOR THE
8-SESSION COURSE

JULY 19- 29

MONDAY THROUGH
THURSDAY

2 WEEKS

2:00-3:30 CDT

AGES 11-14

Participate through
Zoom

Through fun activities and meditations, you will learn tools to help navigate the emotional ups and downs of being a teen

Melanie Gregg, Ph.D.

LICENSED PSYCHOLOGIST

CHILD, ADOLESCENT, & FAMILY THERAPY

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