



Do you struggle with feeling  
stressed or down?

# Mindful Self- Compassion Course *for LGBTQ+ teens*

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](mailto:mgregg@drmelaniegregg.com)**

**[drmelaniegregg.com](http://drmelaniegregg.com)**

**713.494.2704**

**\$350 FOR THE  
2-WEEK COURSE**

**8 SESSIONS**

**JULY 19-29**

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**MONDAY-THURSDAY**

**12:00-1:30**

**AGES 13-19**

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**Participate through  
Zoom**

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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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