



WHAT YOU'LL LEARN:

## Mindfulness Skills Groups for Middle School Aged Children

### Weekly, Age-Based Groups Now Forming

Do you have a child, student or patient that struggles with anxiety, worry, attentional difficulties, excessive hyperactivity, and/or distractibility?

Does he or she have difficulty calming their busy mind? **We can help.**

#### To register or learn more, contact:

Dr. Amanda Aster, 973-257-9000 ext. 224  
or [aaster@morrispsych.com](mailto:aaster@morrispsych.com)

MANAGE ANXIETY

—

ATTENTIONAL CONTROL

—

SELF-ACCEPTANCE,  
GRATITUDE, PATIENCE

—

PERSONAL AWARENESS

—

CHILDREN GROUPED BY  
GRADE FOR  
OPTIMAL BENEFIT

**Morris**  
**Psychological**  
**group** P.A. Excellence  
Leadership  
Compassion