



Penn Medicine

Stressed-Out Kids: Mindfulness for Tweens and Teens



**The group will meet virtually via
Zoom Video Conferencing.**

Five Sunday afternoons :

January 31, 2021 and
February 7, 14, 21 and 28, 2021

Middle School Group: 2:30pm-3:30pm
High School Group: 4:00 pm - 5:00 pm

Cost: \$195

Facilitators:

Bidi McSorley MD, Penn Program for Mindfulness
Dina Karvounides PsyD, CHOP

This course teaches children how to identify signs of stress and the nature of anxious thoughts. Participants will learn mindfulness-based strategies to calm the mind and body and cope with everyday stress in daily life.

Email Questions to:
mindfulness@uphs.upenn.edu

for more information go to the Penn Program for Mindfulness website:
www.pennmedicine.upenn.edu