



# MINDFUL MEDITATION GROUP

*THIS IS AN ON-GOING GROUP*

## **Facilitator:**

**Evelyn Chambers, PSS,  
CHW,CRM**

Evelyn began her journey into mindfulness more than 7 years ago to help with her own stress and anxiety. She has since become a passionate advocate for mindfulness as an extremely effective means of improving health and well-being.

## **Fee:**

Mindful Meditation is a no-charge component of the WISH program.

## **To Register:**

Call us (503-238-5203) or ask Quest Staff at the Front Desk for assistance.

**You must be engaged in Mental Health Services to enroll in MH groups.** To become a client of MH Services, please call our intake team at 503-238-5203.

*TUESDAYS: FROM 2:30 PM-3:00 PM*

*THURSDAY: 2:30PM-3:00 PM*

**Join us for guided mindfulness meditation classes that offer instruction, practice, discussion, laughter and community.**

This Meditation practice concentrates and calms the mind. At the heart of Meditation is the practice of mindfulness, a practice of moment-to-moment observation which cultivates a clear, stable and non-judgmental awareness. While mindfulness practice can be highly effective in helping bring calm and clarity to the pressures of daily life, it is also a spiritual path that gradually dissolves the barriers to the full development of our wisdom and compassion.

In this class you will learn to:

1. Develop a healthier relationship with your thoughts.
2. Develop more balance with your emotions.
3. Become more in touch with your body and mind.

**BE WELL - BE YOU**

**QUEST**   
**CENTER**  
FOR INTEGRATIVE HEALTH