

Mindfulness for Beginners

A six-week mindfulness course focusing on the core elements of mindfulness practice with instruction on key concepts to help you develop a set of coping tools to manage life stressors.

All participants welcome! No experience in meditation required ☐



Courses will begin in June 12, 2019, held weekly on
Wednesdays from 8am to 9am

Course Instructor: Melody Jazeb, LCSW, BCD, ACT

Melody Jazeb is a Licensed Clinical Social Worker with specialized training in mindfulness facilitation from Insight LA and the VA CALM program through the Greater Los Angeles VA Healthcare System. She also has expertise in Cognitive Behavioral Therapy for a variety of conditions, and is recognized as a Diplomate of Cognitive Therapy by ACT (The Academy of Cognitive Therapy). She incorporates mindfulness and CBT in her psychotherapy practice, and currently has a private practice in Glendale.

Cost: \$40 per session = \$240 for full course

Materials included, will receive upon arrival

Topics for Course:

- 1) What is Mindfulness?
- 2) Core Elements of Mindfulness Practice
- 3) Informal Mindfulness and Formal Meditation
- 4) Mood Management Through Mindfulness
- 5) Loving Kindness
- 6) Self-Compassion

To speak with Melody Jazeb further regarding your interest and a free 15 minute consultation, you may set up a time to discuss your group interest and to R.S.V.P. by contacting her at melodyjazeb@gmail.com or by leaving

a message at 818-245-1129. Calls will be returned within 1-2 business days.

Please R.S.V.P by Monday, June 10th to reserve your spot!