



MIND  OVER MATTER

This 5-session program uses evidenced-based strategies to help decrease feelings of anxiety and depression and increase a sense of well-being. Each week new tools using cognitive and behavioral approaches and mind/body strategies will be introduced and practiced, therefore weekly attendance is expected.

This program is presented quarterly. For more information and next starting date, please reach out to Mary Catherine Navarro, LCSW at 847.535.6523 or Marycatherine.Navarro@nm.org.