

**TIFFANY GRIFFITHS, PSY.D.
& ASSOCIATES, INC. IS
PROUD TO PRESENT...**



**STARTING TUESDAY
JUNE 26, 2018!**

**Will be located at the Marketplace at Steamtown,
1st floor near Delta Medix!**

In this psychoeducational group you will learn about how stress affects the mind, body, and spirit. In addition, you will be taught mindfulness skills to combat against stress, so you can be more present in your life.

The group will run for 8 weeks (7 consecutive and the final class being held on August 21st) on Tuesday's from 5:30-7:00pm.

**Space is limited, and we ask that you only sign up if you are able to commit to attending most, if not all classes!
We are not accepting insurance for this class.**



**Mindfulness Group
facilitated by Dr.
Griffiths herself!!!**

**Group will run for
8 weeks!!!**

**Only \$35 per
class!!!**

**Must make
commitment to
attend most, if not
all classes!!!**

**Please contact
the office to sign
up!!!**

**TIFFANY GRIFFITHS, PSY.D.
& ASSOCIATES, INC.**

Locations: Dunmore, Clarks
Summit, Peckville, Kingston

570-342-8434

www.drgriffiths.com