

GETTING BACK IN CHARGE:

MINDFULNESS-BASED SKILLS FOR PEOPLE WITH DEPRESSION

with Kitsy Schoen and Mushim | Open to anyone with depression

SUNDAY, JUNE 24, 2012 | 10:00AM-4:00PM

Mindfulness-based practices can help put a spacer between us and the negative symptoms of depression. With that bit of breathing room, we can begin to make small changes that, when practiced over time, can help manage downward mood swings and negative thinking. This introductory workshop will include sitting meditation with guidance, information-packed talks, skill-building exercises, and a supportive community environment to get you started in these helpful practices.



KITSY SCHOEN, LCSW is a core teacher at EBMC and runs a mind/body mental health education program at Kaiser Oakland. Kitsy knows firsthand how powerful the combination of mindfulness and cognitive therapy skills are in reducing depression.



MUSHIM is a core teacher at East Bay Meditation Center. She has taught transforming depression and anxiety workshops at EBMC for the past several years, and she regularly practices the skills taught in these workshops as a useful addition to her Buddhist practice. See www.mushim.wordpress.com

EAST BAY MEDITATION CENTER

www.eastbaymeditation.org

2147 Broadway Oakland, CA 94612

(near 19th St. BART Station in downtown Oakland)



**In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.*

Space is limited & registration is required.

Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration info.

Cost: The teachings are regarded as priceless and are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.