



The Cognition, Behavior & Mindfulness Clinic
Presents



Introduction to Mindfulness: Winter Series

Feb 8 - Mar 7, 2021 | Zoom sessions

Interactive group sessions for children, teens, and
young adults with autism and other
neurodevelopmental disabilities

In our weekly sessions, we will practice mindfulness and
acceptance skills while also discovering and focusing on
values. Sessions will be held on weekday evenings and
Saturday mornings. Sessions are free of charge.

Interested? Email
jhinma2@uic.edu or call
312-996-7988 to sign up!



**INSTITUTE ON DISABILITY
AND HUMAN DEVELOPMENT**

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