



STRENGTHENING RESILIENCE— POWERFUL MEDITATION PRACTICES FOR BOUNCING BACK

**Mondays 11:00 a.m. to 12:00 p.m. • Ongoing
\$20**

Many people come to therapy because they are somewhere on the continuum between presence and overwhelm.

Presence and Well-Being • Creativity and Flow • Discipline and Productivity • Busy-ness and Pressure • Stress and Overwhelm • Self-Combustion, Shut-Down and Suffering

How in the world do we bounce back from disappointment, difficulty, disaster, trauma, overwhelm and fatigue? Strengthening resilience is the capacity to have a solid-flexible self. You can bend with the wind, go with the flow, and bounce back from adversity. Strengthening resilience is essential to the survival and thriving of human beings. It is teachable, learnable and truly recoverable.

Using powerful, efficient and effective, experiential meditation exercises, this group is designed as a guide to resilience specifically as a brain-training program to help you strengthen your capacities to bounce back.

This is not only meditation and mindfulness, it is resilience training. You can learn to see yourself as someone that can cope and help you bounce back from any adversity so you can get back to thriving and flourishing in your life in every way.

**For more information, please contact:
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Instructor at 678-428-2730 or jencfinch@gmail.com**



JENNIFER FINCH
LPC, CBCT®,
Certified Meditation Instructor

Jennifer Finch combines her wealth of knowledge of ancient practices and neuroscience with years of clinical work to create a masterful guide to building flexibility and stability, both essential ingredients to resilience.

In addition to her private therapy practice, Jennifer is a writer, educator, and trauma professional whose work focuses on the intersection of meditation and trauma. She trains other practitioners in offering meditation practices in a safe, effective, and trauma sensitive way. She specifically is interested in helping people recover a sense of resilience, and strengthen capacities to cope with the challenges of their lives.



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