Mind-Body CBT Group

A picture containing sky, tree, outdoor, sunset

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This is a short-term, online, 8-week skills-based group that combines Cognitive Behavioral Therapy (CBT) with chair yoga and mindfulness-based practices to help improve mood, decrease stress, and increase one's sense of well-being.

**Who**: Adults over the age of 18 experiencing symptoms of stress, depression, and/or anxiety who reside in the state of MA. The intention of the group is to create a safe space for LGBTQ+ folks and people from all diverse backgrounds.

**Where:** Online platform.

**Cost:** $45 per group and a one-time cost of $210 for an initial intake assessment. BCBS and Aetna insurance may be accepted.

**When:** This group will start tentatively start in March 2024. The group will take place on Tuesdays from 5:30-6:45.

**Group Leader:** Laura Stevens LICSW (she/they). Laura is a psychotherapist as well as a certified Yoga and Meditation Instructor.

Please contact Laura at [lstevens@laurastevenslicsw.com](mailto:lstevens@laurastevenslicsw@gmail.com) or 781-483-1300 for more information or visit [www.laurastevenslicsw.com.](http://www.laurastevenslicsw.com)