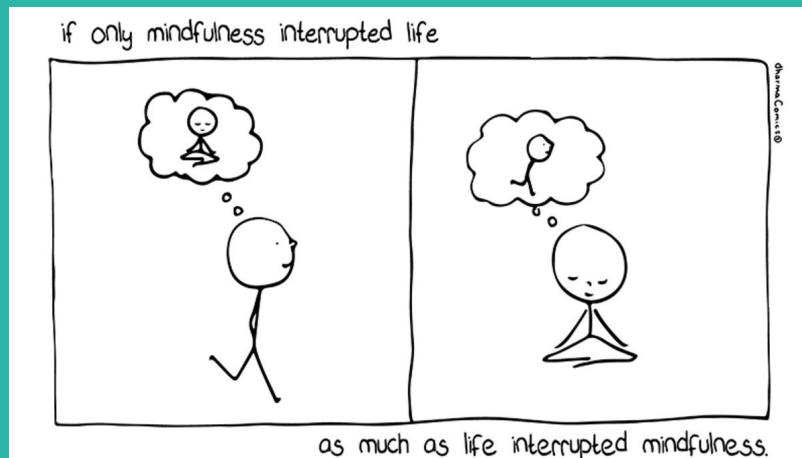


THE  
COUNSELING  
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PRESENTS

# Koru Mindfulness Group: Life Skills to Handle Stress & Everything Else



Koru is for everyone - both novice and experienced.  
Find calm, feel less stressed and be more mindful in your everyday life!

**Beginning Wednesday, January 23, 2019**

**5:30pm-6:45pm**

**4 week course January 23 & 30, February 6 & 13**

**The Counseling Collaborative 1489 State Highway 102 - Bar Harbor**

The Counseling Collaborative  
(207)288-3388  
www.tccmaine.com

Fee: \$165 per participant  
includes workbook  
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