

# **Guided Meditation and Journaling:**

## **A Journey of Going Within Through Imagery and Writing**

**Goal of the Group:** To help individuals understand and experience the benefits of meditating and journaling as a coping tool to manage daily stressors. Each week will be focused on a new guided meditation that will address different areas of life as well as utilizing journaling to add to the depth and richness of the experience.

### **Week One**

What is Guided Meditation? Benefits of meditating, setting up your practice.

### **Week Two**

Meditation for creating a peaceful, safe place.

### **Week Three**

Meditation for courage and strength.

### **Week Four**

Meditation for positive thinking.

### **Week Five**

Meditation for self-esteem.

### **Week Six**

Meditation for creating your ideal future.

**Most insurances cover groups, or the self pay rate is \$65 a session.**

**This group will run for 6 sessions, 90 minutes each.**