

Tamara Share, PhD is a licensed Psychologist with greater than 25 years of training and experience in the interface between science, psychology and personal growth. Tamara's diverse background includes education/training in physics, psychology, wellness, philosophy, and complementary approaches to healthcare.



For further information contact:

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www.hrc-pa.com

Health insurance does not cover
Mindfulness Awareness Training

Locations:

100 Europa Drive, Suite 260
Chapel Hill, NC 27517


4201 Lake Boone Trail, Suite 201
Raleigh, NC 27607

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Mindfulness Awareness Training at HRC



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Benefits of Mindfulness Awareness Training:

- ✓ *Increased clarity and focus*
- ✓ *Improved communication skills*
- ✓ *Enhanced sense of inner calm*
- ✓ *Increased ability to regulate anxiety and other emotions*

Each group includes time for learning new skills, practicing those skills, and learning from other group members. Members often find that connecting with other group members and realizing they are not alone in their struggles are significant benefits of this group.

Have you heard about mindfulness, but are not really sure what it is?

Are you curious how mindfulness practice might benefit you?

Do you have a current mindfulness practice to which you want to devote more time and attention?

Are you searching for greater meaning and purpose in your life?

If you have asked yourself these questions, Mindfulness Awareness Training might be of benefit to you. Participants report that becoming involved in HRC's Mindfulness Awareness Training helped them connect with themselves, others, and the world, at large in more meaningful ways.



Group Information

Who: Adults, age 18 or older

When: 2nd and 4th Wednesdays of the month, 4:00 – 5:00 pm

Where: HRC, Behavioral Health & Psychiatry; 100 Europa Drive, Chapel Hill

Cost: \$45 per session if pre-paid in 6 session blocks (\$270) or \$60 per session if paid per session; sliding scale also available

To help you decide whether the group is a good fit for you, we will schedule a pre-group consultation. Please contact Tamara Share at 919-442-1118 for further information.