



# FREE MINDFULNESS-BASED RECOVERY CLASSES FOR INDIVIDUALS AND FAMILIES

Are you looking for additional ways to support a child or other family member facing depression, severe anxiety, ADHD or eating disorders (anorexia/bulimia)? Have you heard about new research findings on specific practices that have been shown to help rewire brain pathways (e.g. mindfulness meditation, nutrition/exercise enhancements)?

Utah Youth Village is seeking research participants to evaluate a new series of family classes beginning in September, 2010. As a complement to other treatment efforts, each class will update individuals and families on current research regarding a variety of ways to facilitate recovery in their own homes, including in the cultivation of 'mindfulness.' **As participants in this pilot, you will receive the entire class for free.**

## **Classes include:**

- **Cultivating Attentiveness in the Home**  
A course on mindfulness & lifestyle interventions for ADHD.
- **Moving Toward Freedom from Chronic Unhappiness and Fear**  
A course on mindfulness & lifestyle interventions for depression/anxiety.
- **Equipping Families to Face Eating Disorders Together**  
A course on mindfulness & lifestyle interventions for anorexia/bulimia.

Classes are open to both adults facing these problems, and parents trying to help their child or adolescent.

For questions, to request a syllabus or to reserve your place, contact our Research Director and Class Instructor, Dr. Jacob Hess at (801) 308-1071 or via e-mail at [jhess@youthvillage.org](mailto:jhess@youthvillage.org).

*“I continue to be amazed at what I’ve learned in your class. I feel it is going to make a significant difference in the rest of my life.”*

*—Individual who faced depression for 15 years*

