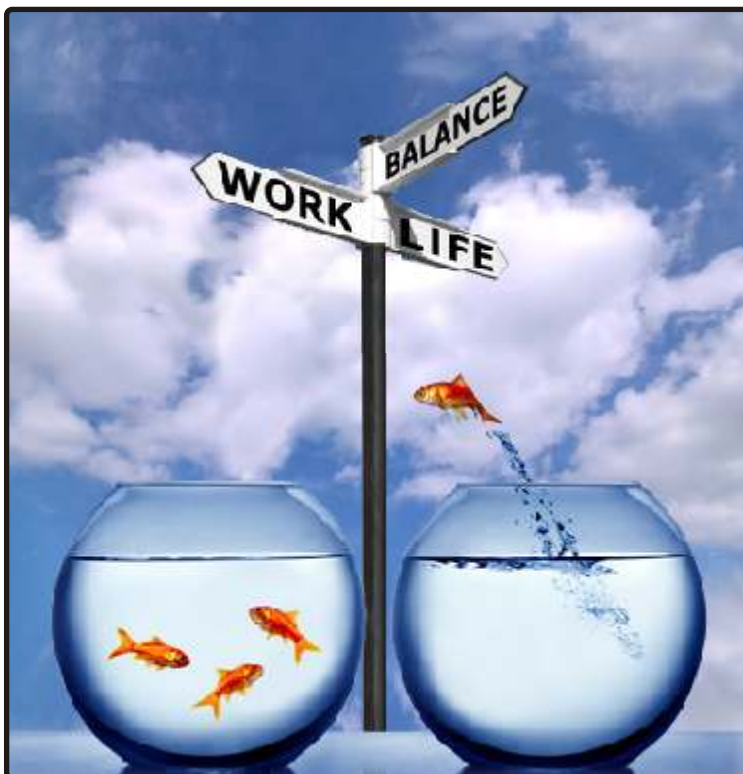


APPLYING MINDFULNESS IN EVERYDAY LIFE



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TO HELP US LOVE, WORK AND LEAD OUR LIVES MORE FULLY

Everyday life, our work and our relationships, pose constant challenges and opportunities to learn, especially in these difficult times. During every meeting specific practices and topics will be introduced from various psychological and spiritual traditions to help cultivate compassion, empathy, forgiveness, and gratitude. We will explore how we can more fully open to our lives. There will be ample time for group discussion to share what we are learning as we apply the practices. This ongoing group meets every Monday evening from 6:30-8:00 pm in Santa Rosa. We will start with 20-30 minutes of mindfully based meditation practices which will help to manage stress, anxiety, strengthen the intuitive process, cultivate increased equanimity, and help us be more present in our lives. Non-sectarian. Singles or couples welcome. **CEU's for MFT.**

Cost is \$30 per meeting, with a commitment to attend six meetings after the first meeting which has an introductory fee of \$10. Individual presentations and workshops given in work settings by appointment.

for further information and location:

7 0 7 - 5 4 4 - 1 4 3 6

brucefortin@comcast.net

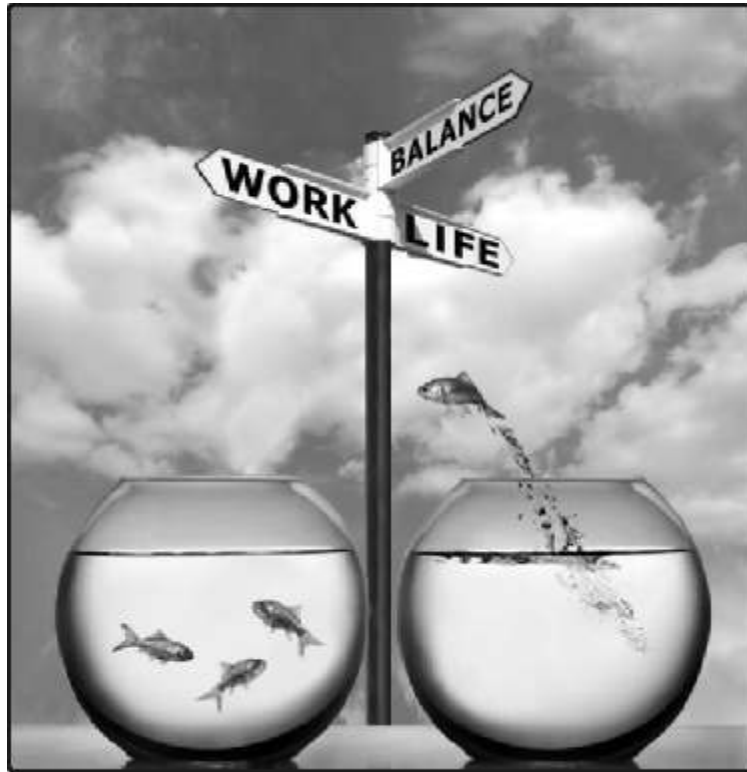
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Bruce Fortin, J.D.,M.A. is a licensed marriage family therapist with over twenty years of experience in private practice in Sonoma County where he sees individuals and couples. He has been an adjunct professor at Sonoma State and is a skilled workshop and retreat leader. As an authorized meditation teacher in the Zen tradition he leads a meditation group and teaches in prisons and businesses. He has experience as a CEO of a large Hospice and as an attorney mediator. His approach to therapy is eclectic, and includes depth, cognitive/behavioral, somatic and positive psychology. He enjoys camping and gardening with his family and trying to apply what he teaches.

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