

Mindfulness-Based Cognitive Therapy Group
(MBCT) for depression and anxiety. Meets from
2:00-4:00 Saturdays in Franklin, TN for 8 weeks. Call
for details and to sign up.



**Mindfulness-Based
Cognitive Therapy Group**
for treatment of depression and
anxiety
\$100.00 per group session

Held Saturdays for 8 weeks
2:00 to 4:00 p.m at 135 2nd Ave N,
Second floor, Franklin, TN 37064
BETSY J. HARRIS, LCSW
Mindfulness-Based Cognitive Therapist
931-954-2853