

Mindfulness on Your Journey

DROP-INS Welcome!

This is a peer run group that uses mindfulness to appreciate where you are in your journey.

Everyone has their own journey and these mindfulness techniques help you become aware of your thoughts, bodily sensations, and surrounding environment. This group is non-judgmental and for anyone who needs a break from daily life stressors to be able to focus on their self-care. This mindfulness group will include breathing exercises, drawing styles and coloring mandala's, guided imagery and meditation.



Monday
3:00 -4:00 pm

The Wellness Studio
2647 Milwaukee Street
Madison, WI 53704

Call Recovery Dane for any questions

Phone number: 608-244-5077

Email: thewellnessstudio@soarcms.org



Caroline Shelton is as certified peer specialist with Recovery Dane. She has experience coping with generalized anxiety and major depression disorder, addiction, bipolar disorder and grief. Caroline has used many different pathways in her recovery

Intensive outpatient program, hospitalizations, cognitive therapy, art therapy, and mindfulness techniques.