

VETERANS, having difficulty dealing with stress?

Feeling frustrated? Trouble coping?

Try Phone-based Mindfulness Meditation

Join us to learn what it's about!

MINDFULNESS MEDITATION

is a VA-supported technique that can help you to better manage the challenges and stressors of everyday life. Mindfulness Meditation class provides an opportunity to learn about and practice mindfulness meditation techniques. This class encourages the cultivation of awareness, compassion, and acceptance. Classes are once per month, and are conducted by phone. During each class, a topic related to mindfulness is introduced, followed by a guided meditation practice. The War Related Illness and Injury Study Center (WRIISC) runs this class. **Come practice with us!**

FOR INFORMATION about our other Phone-based Meditation Class on Yoga Sleep (iRest®) email Carolyn Fenno at Carolyn.fenno@va.gov or call her at 650-785-6661.

UPCOMING MINDFULNESS MEDITATION CLASSES

Take any or all classes!

Dates: April 2025 - December 2025

- April 4
- May 2
- June 6
- August 1
- September 5
- October 3
- November 7
- December 5

TIME:

11am – 12 noon, Eastern Time (ET)

LOCATION:

This class will be offered via telephone:

1-404-397-1596 or 1-833-558-0712 (Toll Free)

Participant Access code: 433 794 55

FACILITATOR:

Lauren St. Hill, MSW, LCSW

Social Worker, NJ Department of Mental Health Research and Program Development

Sarah Lowell, PhD

Psychology Postdoctoral Fellow at WRIISC, VA NJ Healthcare System

NO REGISTRATION REQUIRED. FOR MORE INFORMATION:

For schedule updates and information on future class dates, please visit: <https://www.warrelatedillness.va.gov/WARRELATEDILLNESS/education/local-offerings/nj-wriisc.asp> or e-mail wriiscxprtcenter@va.gov.

VETERANS, prior to participating in this or any educational class please discuss the class topic with your providers to ensure they are aware and can discuss any physical and/or mental health concerns. The WRIISC promotes collaboration and communication between Veterans and their providers. If you are experiencing a mental health issue, please do not hesitate to call Veterans Crisis Line: Call: Dial 988 then press 1; Chat: veteranscrisisline.net; Text: 838255. If a medical emergency occurs, call 911 or go to your nearest emergency room.



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services