

MINDFULNESS Group



Mindfulness is the art of bringing your focus into the present moment without judgment. Learn how to improve your mental health by practicing awareness and acceptance.



Meets on the 4th Friday of the month from 10-11 A.M.
Contact Customer Services at the number below or visit
www.genhs.org/consumergroups to sign up.

Call 810-257-3705
TTY 810-257-1346



Customer Services: 810-257-3705 or TTY 810-257-1346
(Main Campus) 1040 W. Bristol Rd. Flint, MI 48507 | (Children's Services) 1402 S. Saginaw Rd. Flint, MI 48503
24/7 Crisis Line: 810-257-3740 • www.genhs.org