

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](mailto:Carolyn.fenno@va.gov) or call her at 650-785-6661.

### **UPCOMING MINDFULNESS MEDITATION CLASSES**

Take any or all classes!

**Dates: January - May 2024**

- January 5<sup>th</sup>
- February 2<sup>nd</sup>
- March 1<sup>st</sup>
- April 5<sup>th</sup>
- May 3<sup>rd</sup>

#### **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 War Related  
Illness & Injury Study Center, VA New Jersey  
Health Care System

**NO REGISTRATION REQUIRED.**

**FOR MORE INFORMATION:**

E-mail [NJWRIISCEDTEAM@va.gov](mailto:NJWRIISCEDTEAM@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](http://veteranscrisisline.net); Text: 838255. If a medical emergency occurs, call 911 or go to your nearest emergency room.