

**Find the pathway to happiness by building on strengths and focusing on solutions. Build better relationships with gratitude and mindfulness.**



Take part in a

## Positive Psychology Learning Opportunity

The Carol Ackerman Positive Psychology Center and Hosford Counseling & Psychological Services Center will be offering two positive psychology groups beginning in May. The six-week groups apply positive psychology approaches to help people manage stress and anxiety, and promote health and wellness. Positive psychology interventions focus on accomplishing goals and living enjoyable, meaningful lives. The groups focus upon building strengths to achieve goals.

### Positive Psychology Stress and Anxiety Reduction Group

This group focuses upon central concepts of positive psychology in reducing stress and anxiety. Participants will learn about hope, gratitude, grit, and optimism. Through this group, participants will apply valuable tools to promote well-being and authentic happiness.

**Begins:** May 2

**Meets:** Wednesdays, 6 – 7:30 PM

**Duration:** 6 weeks

### Mindfulness for Health and Wellness Group

This group teaches mindfulness for observing thoughts, feelings, and physical sensations that normally contribute to emotional distress. Through the development of mindfulness practices, participants' focus will shift from the negative to the positive aspects of life.

**Begins:** May 3

**Meets:** Thursdays, 7 – 8 PM

**Duration:** 6 weeks

*Enrollment is very limited and all participants must be 18 years of age or older. The cost is \$60 for the six sessions. For more information, please contact Brian Stevenson, Chelsea Namkung, or Anna Lee at 805-893-8064. Deadline to register is April 27, 2012.*

**The Carol Ackerman Positive Psychology Center  
at the Hosford Counseling  
& Psychological Services Center**

**UC Santa Barbara**

