



STILL WATERS

Mindful Self-Compassion for Teens



Informational Zoom

EDUCATOR/COUNSELOR/PARENT

FREE
September 4, 2025
7:00 – 8:00 PM
Online Zoom

Join Jean Skaane for an online conversation to learn more about the Mindful Self-Compassion for Teens program. No charge!

Learn More & Register →



Teen Workshop

TEENS: 14 - 18 YEARS OLD

Every Wednesday
September 17 – November 5, 2025
4:00 – 5:30 PM
Marblehead, MA

An 8-week workshop using mindfulness, self-kindness, and common humanity to help teens foster an awareness & acceptance of struggles, and learn tools to treat themselves with kindness.

Learn More & Register →

