



NorthEast Wisconsin
Community Clinic

**Behavioral Health
Integration**



Brief Focused Mindfulness

✓ What is it?

Brief Focused Mindfulness is a short, guided practice that helps you focus on the present moment to reduce stress, improve relaxation, and support overall health and well-being.

- **Brief:** Approximately 30 minutes
- **Focused:** Targets specific concerns (e.g., anxiety, pain, blood pressure)
- **Mindfulness-Based:** Uses techniques such as deep breathing, body awareness, attention to thoughts without judgement, etc.

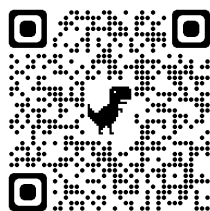
✓ Who is eligible?

- Individuals with Medicaid insurance
- Contact your provider or call the phone number below to schedule an appointment before your next dental or medical visit



Phone

920-437-9774



Address

424 S Monroe, Green
Bay, WI 54301

2740 W Mason St,
Green Bay, WI
54307