

# Mental Health and Mindfulness

## St John's, NL AUGUST 2016



120 Le Marchant Rd, Key Assets, 2nd Level

**To support anyone seeking to understand, learn and grow from their own mental health experiences**

### August 1st

7:00 pm - Presentation

7:30 pm - Tai chi and Mindfulness

8:30 pm - Food and Drinks

### August 8th - 15th - 22nd - 29th

7:00 - 8:00 pm - Tai chi and Mindfulness

8:00 - 9:00 pm - Peer Group Meeting

Open to anybody interested in peer groups, mental health, mindfulness, tai chi

Group will continue meetings in the Fall

**DONATIONS WELCOME!**

### **Contacts:**

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