

Mindfulness Meditation Group

Mindfulness Meditation is a group that is open to the community for individuals 16 years and older experiencing ongoing mental health and or substance use recovery

Friday Afternoons

October 20th to November 24th

2:00 pm—3:00 pm

St. Leonard's Community Services

135 Elgin St. Brantford

**Open to the Community, no
registration required**

For more information call:

(519) 754-0253 ext. 2151



St. Leonard's
COMMUNITY SERVICES

Challenge. Choices. Change.