



Transitions-Mental Health Association
Paso Robles Wellness Center Services

August 2017



WELLNESS • RECOVERY • RESILIENCE

Tuesdays	Thursdays
<p style="text-align: center;">2:30-3:30 pm</p> <p style="text-align: center;">Inner Calm Guided Meditation Class</p>	<p style="text-align: center;">4:00-5:00 pm</p> <p style="text-align: center;">Living Mentally Well Support Group</p>

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Inner Calm

A Guided Meditation Class

Inner Calm is a guided meditation class to help find your inner calm, ground your thoughts, and bring you peace for the day!
Open to anyone working on their mental wellness

Starting May 2, 2017
Classes offered
Every Tuesday
2:30-3:30pm
At 1030 Vine Street,
Paso Robles, California
(RISE Building)
For more information contact
Meghan Madsen, mmadsen@t-mha.org
805-503-0350



Paso Robles Support Group

Topics Covered.

- Coping Skills
- Dealing with Triggers
- Living w/ Depression
- Conquering Anxiety
- Self-Empowerment
- Mindfulness in Recovery
- Managing Moods
- General Mental Health
- Many more....



Living Mentally Well Support Group

Meets Weekly
Thursdays
4:00-5:00pm
Location:
1030 Vine Street
Paso Robles, Ca.
Contact:
Justin Burke
Phone: 805-464-0512
email:
jburke@t-mha.org

Facilitated by TMHA